LOOSENING THE TIES

By Audicia Lynne Morley/ RSMT/E

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indoors



individual



bodywork



30 mins

PURPOSE

SELF MANAGEMENT

- Releases tension from the muscles, joints and ligaments.
- Energizes and gently stimulates the body.
- Supports connectivity, fluidity and mobility throughout the body.

MATERIALS

- Comfortable clothing for moving

PREPARATION

- Practiced either indoors or outdoors on a flat surface.
- Good weather and environment should

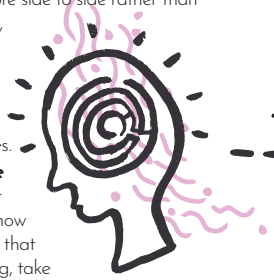
INTRO

Also known as the *"Corn Flakes Shake"*. This refers to the image of shaking a box of breakfast cereal to become unstuck. To unstick yourself through a vibration, shaking or bouncing motion. This type of practice has been used throughout history and can be found in some *Chi kung* practices.

LOOSENING THE TIES

STEPS

1. Stand comfortably, feet shoulder width apart, toes facing directly forward and knees bent softly directly over the toes. Soften in the ankles, knees and hips as if you were going to sit down, lowering your centre of gravity, also the lower back is long and relaxed. Imagine a light golden thread extending upward from the crown of your head. The body should feel lighter and grounded, the spine slightly lengthened. **2.** Take 3 deep **breaths**, breathing in and out of your centre. Begin a gentle **bounce** in your knees, initially with your weight equally divided on both legs for 3-5 minutes. Feel all the soft tissues of your belly organs, torso and shoulders being moved. Play with the dynamic of the bounce by intensifying or slowing down the rhythm and force you use. Then play with shifting your weight from one leg to the other. **3.** Begin transitioning into **shaking** so that the body moves slightly more side to side rather than up and down. Shake hands, arms, shoulders, ribs, belly and hips, legs and feet and then the whole body for around 5 minutes. **4.** Play with all the variations of **bouncing and shaking** in a way that allows you to feel you are loosening yourself and that feels satisfying for 10-15 minutes.



5. Take a few minutes to **slow down and come to stillness**. You may become aware of an inner motion still vibrating through your body. Notice how you are feeling. If there is anywhere in your body that does not feel stimulated by the bounce or shaking, take a few minutes to connect your hands to that area. Breathe into the area, squeeze the area with your palms and hands then bounce / shake the whole body for a few minutes and notice what has changed. You can repeat this final section a few times if needed for other body parts. Once in stillness, take 3 deep **breaths** to finish.

REFLECTION

- What feels new or changed in your body now?
- Softer or more energetic bouncing will lead to a different response in the body, which was your choice and how it impacted you?
- How do you think this practice can contribute to building resilience?

COMMENTS

Be mindful to regulate the pace at which you are working so the exercise feels manageable and not uncomfortable. Once you find a good rhythm that's not tiring, the bouncing/shaking can be practiced for up to 20 minutes.
Variations include adding the voice, soft breathy exhales with a gentle sound or more definite sounds influenced by the vibration in the body.