Container and Contents

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N° of pax 2-20

indoors

30-60 mins

bodywork | movement

Purpose

GROUNDING & RELAXATION

- releases tension from the muscles, joints and ligaments
- supports body' connectivity, fluidity and mobility
- balances inner and outer tonality

Materials

- soft mat
- cushions
- blankets

Preparation

- Prepare to spread the mats, cushions and blankets in the room
- If possible try the activity with a partner before facilitating it.
- Any bodywork activity can bring up emotions, so the participants should be able to stop at any moment if they do not feel comfortable.

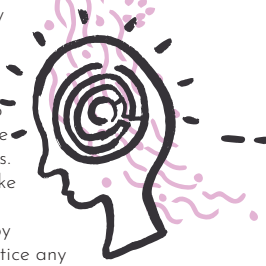
Intro

This is a body work activity done in pairs for grounding and relaxation that includes moving at the end for more awareness of the body work done.

3 Steps

The facilitator asks for a volunteer to make a short demonstration of how to rock somebody. Then he/she asks the participants to form pairs: one will be the Giver (A) and the other will be the Receiver (B) and to approach one of the mats. B should lie comfortably on their belly with cushions and blanket if necessary and breathe, while A sits comfortably at B' side noticing the movement of B's breath. Then, both breathe deeply 3 times into their lower belly and A imagines that their arms and hands are connected to their lower belly.

1. (10 min) A: Gently place both hands on the side of B's body, at the side of the ribs, the "container" and: • Begin to gently rock B, as if they were full of liquid, stimulating the "contents" of the "container". Hands should be connected to your own center. Then gently push then let go without taking your hands off building up to a rocking momentum. Explore different rhythms, give each other feedback and find necessary adjustments. • Then move hand contact to the side, around the hip bone and repeat the rocking motion done on the ribs. Repeat on the other side. • Then ask your partner to roll over onto their back and repeat the same activity, while observing how the body wobbles. Then, let the motion slow down to stillness, take your hands off, observe B's breathing.



2. (10 min): • B: Sense how you are feeling by moving in whatever way feels good. • A: Notice any build of tension in your body, find ways to stretch, relax or move to release this tension and then witness B's movement.

3. (10 min) Dialogue with your partner: How was it to both give and receive?

4. Ask the partners to exchange roles and to repeat the steps

5. Finally the facilitator asks everyone to sit in a circle for final sharing and reflection.

Reflection

- How do you feel having done the exercise?
- What changed in the way you felt and moved after receiving / giving?
- How could this exercise offer resources in support of your resilience?

Comments

If a participant does not feel comfortable with touch there is an option for them to engage in **Loosening the Ties.**