Opening the Membranes

By Audicia Lynne Morley/ RSMT/E

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N° of pax 2-20

indoors | outdoors

30 mins

bodywork

PURPOSE

CREATIVE BODY WORK
COOPERATION

- release tension from muscles and joints
- practice a win-win relationship

MATERIALS

none

INTRO

This is an activity of creative body work cooperation in pairs to open the membranes, to release tension and stretch.

PREPARATION

The facilitator should make sure that participants are:

- partnering with someone with similar weight and height
- do not have any injuries or weakness in their body
- are okay with touching & supporting each other's weights
- bare feet if indoors and that the ground is solid if outdoors, so that the participants do not slip

The facilitator must be available to support participants if necessary as they experiment with the exercise

STEPS

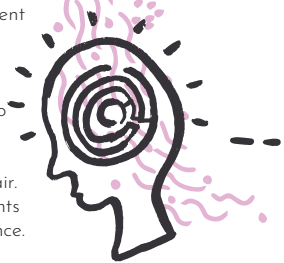
First the facilitator demonstrates the exercise with a participant, then all form pairs, spread in the space:

1. Stand back to back with feet shoulder width apart. Both participants lean toward each other. Then explore a simple back and forth exchange of your weight. Once you feel confident with this exchange and trust each other, explore how you can deepen the contact, like both going to the ground and come back up again, without using your arms.

2. Then, both partners hold each other's arms just above the wrists. With legs a little wider than before, walk them slightly behind you, away from your partner. Sink your center of gravity until you are dependent on each other to balance your weight. Explore different ways to mutually stretch while keeping the counterbalance of your weight using your partner's weight through the support. Be in continuous dialogue so you work together to mutually get your bodies' needs met for a deep and satisfying stretch.

3. Share how the experience was with your pair.

4. Then, the facilitator gathers the participants in a circle to share and reflect on the experience.



REFLECTION

- What was it like to cooperate?
- What did you learn about yourself / your partner ?
- How can this exercise help you in relation to burnout and personal or group resilience?

COMMENTS

- Variation: the participants can choose to have a freer exploration
- This activity allows a stretching of deeper membranes in ways that the body can't do without a counterbalance.