



Personal Wellbeing and Self-Care VMware - Summer 2021

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A foundational practice of centering ourselves

A 5-minute exercise.

This is a way to collect ourselves physically mentally and emotionally. To be present, open and connected.

Please stand and if this is not possible, you can do this seated. We are orienting ourselves towards a shape that has the most possibility of relaxation.

If you are standing; Let your knees bend and keep them right under your hip bones.

Start to lower and slower your breath.

Now we are going to pay attention to our length.

Breathe.

See if you can get a sense of your LENGTH. Move your attention both down and up. We might feel tense in various places, eyes, jaws shoulders (move), belly, hips, hands, feet, so check those places and give them some movement.

Breathe.

Relax into the structure of your body.
So we are settling and at the same time straightening our body.



Lower your breath- lower towards your belly. It sometimes can help to put a hand there.

Remember there is no good or bad here.

Breathe

Let's balance side to side in WIDTH.

Bring your arms up wide side to side and sense or imagine opening your chest.

And then bring your attention from front to back: to your Depth.

So regularly our attention is forward. It's where our vision is. It's on what's right in front of us. Don't forget to breathe.

So, it's a good practice to bring your attention to your back. Feeling the clothes on your back, feeling the back of your head, your calves. Imagine there is something almost like a seat that you can almost slightly rest on. At the same time, there is something in front of you. Somewhere you want to go, are heading.

Remember what we practiced last session: sensing into the centre of your body. If you move ever so slightly front and back, left and right, you can feel the centre of your body.

Where my attention goes is where my energy goes.

So, if you are not feeling it: and your thoughts are racing; that is totally normal. Allow your breath out and direct your attention to your feet.

Breathe.



Our last focus is to relax into our be-ing, is our intention or commitment. The intention as we started with last session.

Please write down your commitment to yourself.

You might want to focus on a new habit or a value or a quality that you want to be more of. See if you can put length and width and depth towards this in you're the way you are standing or sitting here today.