

Feet, Spine and Seat: Welcoming The Body Into The Room

Close your eyes (or keep them open with a soft, fixed gaze)

Take a breath in through your nose and out through your mouth (release breath)

1) Bring your attention down to your feet and press them into the ground deeply until you can feel all corners of your feet. Notice the sensations that begin to form around your feet and even into your ankles and legs. Notice how pressing firmly also engages your back body. See if you can feel sensations build in your lower back.

2) Follow those sensations now up the length of your spine, traveling up all the way to the crown of your head.

3) And now draw your attention back down to the chair beneath you, grounding your seat.

4) Repeat this awareness from feet, up your spine and back down to your seat a few times along with your breath.