

# Weight Support and Shift



## AUTHORS

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## TIME NEEDED

90 minutes



## WHERE DOES THE ACTIVITY TAKE PLACE WITHIN THE PROCESS

Beginning



## PARTICIPANTS

The limit is the space



## MATERIALS

- We start on the floor so hopefully there is a nice warm and clean floor that invites to lay down
- Speakers to connect with the phone through Bluetooth or cable



## OBJECTIVES

- To gain awareness of our connection to gravity
- To develop proprioception
- To improve connection to gravity
- To improve capacity to shift away and move forward



# STEP BY STEP DESCRIPTION

1. Warming-up Flow Sensing, Weight Sensing
2. Giving into the floor, connect to separate (Yield to push patterns)
3. Play with shifting positions, rock in each new position
4. Find agency to connect and then separate
5. Play with different levels
6. Play with Rising and Sinking
7. Find the Effort Factor of Weight
8. Knowing who you are to move into the direction that you want
9. Playing in pairs, get inspired, learn from each other



## **TO COMPLETE, GIVE DETAILS:**

We are starting on the floor. We will find the surfaces that we share with the floor. We will try to let go our muscle tension and allow the floor to take care of that. Feel your breath and allow to let flow be part of your experience. Shift your position and find this new connection with the floor. Can you feel that you can let go your weight in each position? Let's play with rolling your body around in different positions and pouring the weight around. You can imagine that your body is half filled with water and each time you are changing your position you will allow the water to transfer by the lowest point. Slowly you can reach body parts away from the floor with the support of the body parts that are on the floor. You do not need to tense up, feel the support from under and find how easy you can move around. Play with rising and sinking. Start to change your level from low, middle to high level. Play with going away and toward the floor. After some time find a partner and move together in and out of the floor. One can lead and the other can follow. Then change the roles. Get inspired by the new possibilities to move in and out of the floor with your partner. Find two ways to change the level that you like and two that you find hard to learn. Try and practice with your partner. You will feel that, with time it gets easier to do!

## VARIANTS TO MAKE THE ACTIVITY ADAPTABLE FOR DIFFERENT SKILL SETS OF TRAINERS (E.G. WHO ARE NOT PRO SINGERS OR MOVEMENT EDUCATORS)

- Have comfortable clothes and warm enough for the beginning.
- This exercise is easy to adapt if people have problems to go in and out of the floor we can first start on the floor and then stand up and play sitting down on a chair and stand up.





Having impact through  
the use of voice and body

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