

Chicken Wings: Instructions

For strong up regulation, and building our capacity.
For organizing and containing intensity in relational space.

Stand, facing your screen/partner, with enough distance that they can see your head and torso.
Decide who will lead first.

Leader and Mirror - Put your hands in your own arm pits, to make wings.

Flap your wings, up as you breathe in, expanding the lungs, and down as you breathe out.

Maintain eye contact, smile. Let your spine flex with the movement.

Mirror: Honor what is comfortable for you. Offering attention and eye contact without the arm motion is fine.

Timing: Leader sets the pace and duration: Build to a strong rhythm for 15-60 breaths.

To End:

- Hold breath in, for a comfortably long time, pulling up on pelvic floor and in at the navel.
- Breathe out and in slowly for 5 breaths, but keep pulling the lower muscles in and up.
- Then, breathe out and relax the lower muscles.
- Breathe deep and feel your expanded capacity.
- Take a 1 min. walk to stabilize, then **TALK!** 1-2 min.

Share about your experience. Switch roles, and repeat.

Suggestions: Easier if you go slower for a shorter time, and/or eliminate eye contact.

People Like: Running energy through your system.

Challenges: Intensity in relational space can feel scary and demanding.

