

Hands Show Breath: Instructions

For Getting Connected, with self and other and breath.

Sit or stand comfortably facing your partner.

If online, be sure you can see each other's torso, hands and face.

Leader - Elbows relaxed, palms facing your partner.

Stretch your fingers wide and relax your fingers down as you inhale and exhale.

Eyes open and close at will.

You set the pace and rhythm. Do what feels good to you.

Mirror - Eyes open, so you can track your partner,

Mirror their motion and rhythm.

When they make eye contact, offer a smile.

Timing - First leader: 1-2 minutes. Both TALK: 1-2 min -

Share about your experience. Switch roles, and repeat.

Suggestions:

Explore different hand motions. a) Palms open and close facing your partner.

b) Palms folded over the heart, and out to face your partner.

c) Palms facing each other, opening and closing like a flower with each breath.

d) Palms facing the chest and extending towards partner.

Mirror may offer simple words, "Do exactly what feels good to you," "It's ok to close or open your eyes, I'll be right here when you get back," "It's ok to feel/cry/laugh."

People like: "Getting connected." "Noticing myself and another."

Challenges: Fear of being seen. Inability to feel breath, frozen.

Getting critical about imperfect mirroring.