

Partner Stretch: Instructions

For Stretching, Getting embodied, Enjoying embodiment in relational space

Sit or stand, facing your partner. If online, move and position your monitor so your partner can see what you are doing.

Partners: This is not a mirroring exercise.

Both partners move, stretch and twist: arms, neck, shoulders, back or legs.

Partners stretch in their own rhythm and sequence, looking to the other for inspiration and company being embodied.

Eyes open and close at will.

Once in a while look up at your partner. Smile if you make eye contact.

Timing: Practice for 2-4 minutes. Then, TALK: 1-2 min, each share about their experience.

Suggestions: Twist, bend, reach up/back/out, use your chair to pull/push on.

Notice your thoughts and feelings.

People like: “Getting into my body.” “Feeling less alone.”

Challenges: Self-consciousness, not knowing what to do. Fear of doing it wrong. Mirroring and forgetting to listen to your own body.