

Playful Twist: Instructions

For up regulation, and playful attunement

Sit comfortably, turned 90° from your screen so that you are shoulder-to-shoulder with your partner. If practicing online, be sure you can see one another's torso, head, and face.

This is not a mirroring exercise. Practice together.

Rest your hands on your shoulders, elbows out at shoulder height. Begin with your spine straight and centered. Inhale and twist toward your partner for a moment of eye contact. Exhale, twist all the way away from your partner. Continue turning from right to left, breathing deeply.

Be sure to make eye contact each time you turn towards each other.

Find a steady rhythm together for three or four rounds. Then speed up the pace incrementally, still matching one another and making eye contact every time.

Go faster, smile when you make eye contact.

Timing: Continue for 1-3 minutes, or until someone calls stop or you dissolve into laughter.

To End: press your palms together over your heart for a long slow breath or two.

Each take a turn to TALK: 1-2 min - share about your experience.

Suggestions: Get into breathing hard and staying connected.

People like: "Playful, energizing." "Feels good to laugh together."

Challenges: Getting lost in trying to do it right, trying to please or control your partner.