

# Propeller: Instructions

**For strong up regulation, and to organize and build capacity.**

**For regulated intensity in relational space.**

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

**Leader and Mirror** - Palms face each other in front of your chest, left palm facing your chest. Link your fingers and pull your elbows apart evenly. As one elbow goes up, the other goes down. Maintain eye contact, smile. Move and breathe together.

**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 brisk rhythm for 1-2 minutes.

**To End:**

- Raise the hands over the head. Keep pulling the elbows apart.
  - Hold the breath in, for a comfortably long time, while pulling up on pelvic floor and in at the navel.
  - Breathe out slowly, but keep pulling the lower muscles.
  - Slowly breathe in, then out, and relax the arms and lower muscles. Walk around for a minute, then breathe deep and feel your expanded capacity.
- TALK!** Each share for 1-2min. Switch roles and repeat.

**Suggestions:** Go slower for a shorter time, drop eye contact.

**People Like:** Fun, connected container for building high energy.

**Challenges:** Too intense, scary, complex, confusing.

