

Sitz Bones Rock: Instructions

For Getting embodied, Finding home in your core, Connecting to self and other, Dropping in

Sit comfortably in front of your co-regulation partner.

If online, be sure they can see your torso and head as you sway.

Leader - Allow your torso to sway left and right. Breathe comfortably.

Set a steady pace or change pace at will as you lean, stretch and feel your weight pour from one side to the other. Eyes open and close at will. Feel yourself and your partner.

Keep silence or share what you notice in the moment

Mirror - Eyes open, 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: Leader, notice what changes as you open or close your eyes.

How does it feel to make eye contact?

Mirror may offer simple words, "I'm here with you," or "Let yourself breathe."

You may choose to shift your focus: internally tracking your weight or stretching or, externally tracking your mirror and sense of connection.

People like: "Coming home to myself." "Feeling connected."

Challenges: Flooding with emotions when getting embodied. Overly-chatty, distracted.

Discomfort at being seen, wanting to hide or run, getting critical about imperfect mirroring.