

The Fan: Instructions

For finding and tracking a sense of embodiment and connection

For exploring boundaries and closeness and noticing signals of attunement and alarm.

Sit or stand comfortably, facing your partner. Standing is more intense. Decide who will lead first.

If practicing online, be sure you can see one another's torso, head, face, and arms.

Leader - *First get connected:* Arms straight, resting alongside the torso, move them outwards and upwards to meet above your head, then down again. Find your rhythm. Notice your mirror and share how your body tells you when you feel connected.

Once you have a sense of connection, direct your partner to move closer to you, and farther away, several times. (Continue the rhythm of the fan gesture.) Use words and/or gestures; be specific with how close and how far. Notice how your body feels when the mirror changes position.

Alternatively, ask the mirror to decide when and how to move, and you notice your responses.

Mirror - Eyes open. Mirror the motion and pacing of the leader. When they make eye contact, offer a smile. Move closer and farther away when they direct you. Notice yourself and what changes in your partner, so you can reflect it back in the sharing time. You can explore different speeds, postures and facial expressions.

Timing: First leader: 2-5 minutes. Both TALK: about your experience 1-2 min.

Switch roles, and repeat.

Suggestions: Rolling chairs are helpful when working seated. Also, the movements and the distances can be very small. With more time you can explore moving in and out from the side.

Leader - Notice if it easier for you to be directive, or if you prefer to just notice your responses.

People like: "Slowing down and connecting." "Finding, feeling and seeing my rhythm." "Permission to be in control of distance."

Challenges: Too hard to be directive, or hard to feel any connection.