

Pinky Paws: Instructions

**For taking in love and nurturing
For connecting to self and other at the same time**

**Sit or stand comfortably, facing your partner. Decide who will lead first.
If practicing online, be sure you can see one another's torso, head, face, and arms.**

Leader - Eyes open and close at will. Begin with hands loosely closed in front of chest. As you inhale, unfurl your fingers one-by-one, beginning with the pinky fingers, while opening palms towards your partner. Exhale, reverse the motion: curl fingers and hands inwards again, leading with the pinky fingers. Continue, synching the motions with your breath. Head may curl downwards restfully on the exhale.

Mirror - Eyes open. Mirror the motion and pacing of the leader. 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:

Mirror - May say, "I'll be right here when you get back," "There you are," "I see you."

Leader - Notice your body and your nervous system as you practice. Notice your baseline before you begin, and how this changes during and after the exercise.

People like: "Slowing down and connecting." "Finding my rhythm." "Dropping into my inner world."

Challenges: Too much feeling, vulnerable and also not feeling any connection.