

Breath Wings: Instructions

For Arrival , Heart Opening, Expanding Breath and Awareness, Building Capacity in Relational Space

Sit or stand comfortably, facing your partner. Decide who will lead first.
Make sure you can see one another's head and upper torso.

Leader - Eyes can open or close at will. Start with your hands clasping your shoulders, thumbs to the back, making your arms wing-like. Inhale and open the chest, raise your chin towards the sky. Exhale, curling head and arms inwards towards chest. Repeat the gesture and breath in a comfortable rhythm.

Timing: continue for six or more breaths or 1-3 minutes, only as much as you like.

Mirror - Eyes open. Mirror your partner's gestures and pacing. Keep a steady eye on them so you can be available when they open their eyes. When they make eye contact, offer a smile.

To End: Pause, eyes closed, spine tall, chin slightly tucked, hands flat on your chest. Sense your feet on the ground, gently feeling your heels reach forward and down for connection to mother earth.

Each TALK! 1-2 min. Share about your experience, leader first. Switch roles, and repeat.

Suggestions: Can do at a quick rate, or slowly. Slower with eyes closed may be easier.
Intentionally make eye contact when raising head up from the chest.

People like: People like: "Connection at the end." "Feeling energized."

Challenges: This not a beginner practice. It can start a lot of energy moving in a short time. Try Prayer Push for a less intense wake-up practice.