

Piezoelectric Arms: Instructions

For Arrival and Energizing, For Noticing Sensation in the Body, For Practicing Embodied Boundaries.

Sit or stand comfortably, facing your partner. Decide who will lead first.
Make sure you can see one another's outstretched arms.

Leader - Eyes can open or close at will. Start with your hands in prayer position at your chest. Extend arms forward at chest height, palms pressing forward, fingertips pulling back towards your nose. Fold at the elbows and repeat the push outwards in other directions - straight out from shoulders, sides, in-between, upwards. You can imagine pushing against a large, firm beachball. With each push, keep pulling fingers back towards yourself. Feel the pull in the front of your elbows. Rotate your wrists forward and feel into your thumbs, then rotate toward the back and feel into your pinkies.

Timing: 1-2 minutes, or 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. Connect with yourself, sense your feet on the ground and notice your nervous system for a few breaths. Then open your eyes and reconnect with your partner.

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

Suggestions: Notice any and all sensations in your arms, palms, fingers. Observe how the feelings change, fade, or remain. Do you notice changes in your energy level, mood, or state of mind?

People like: "Feeling energized and engaged." "Practice occupying physical space." "Expansive."

Challenges: Can be an uncomfortable or unusual sensation. Can get a lot of energy moving in the body very quickly - be sure to take grounding breaths at the end.

*Note: What is Piezoelectricity?

Piezoelectricity is a property of some metals. If you run electricity, through them, their molecular structure compresses. Conversely, if you compress their molecular structure, they produce an electrical charge. Fascia is piezoelectric. So when we stretch tendons, it compresses their molecular structure and produces a noticeable electrical sensation. Here we use this stretch to wake up sensation in the body.