

Prayer Push: Instructions

For Exploring Breath, Movement, and Your Body Up Preferences.

For Embodying Empowerment and Boundaries.

For Energizing and Building Capacity.

For Taking in the World

Sit or stand comfortably, facing your partner. Decide who will lead first.

If practicing online, make sure you can see one another's outstretched arms.

Leader - Eyes can open or close at will. Start with your hands in prayer pose, at your heart. Blow out through the mouth and extend arms out straight to the side from the shoulders, palms facing away and fingertips extending back toward the ears. Inhale, as the hands return to prayer. Repeat a few times. Next reverse the breath pattern: Inhale as your hands push away. Exhale as you return to prayer hands. Pause and talk about any difference you notice with each breath pattern. Decide which breath pattern you like for now, find your own rhythm and practice that pattern.

Timing: After choosing the breath pattern you like, practice for 30 seconds to two minutes.

Mirror - Eyes open. Mirror your partner's gestures and pacing. 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. Connect with yourself, then open eyes and connect with the other person.

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

Suggestions: As leader you might want to close your eyes and explore which breath pattern you prefer, at least at first. This is relatively safe way to explore Body Up preferences around breath and movement. Try a sharp movement with a forceful exhale through puckered lips.

People like: "Feeling awake and ready for what's next." "A sense of dignity and agency."

Challenges: Discomfort with one or the other of the breath or movement patterns.