

Back Stack: Instructions

For Arriving in Your Body, Feeling a Sense of Identity, Finding Home in Your Core

Contraindications: Dizziness, glaucoma, unmedicated high blood pressure. Remind people about these contraindications.

People may override dizziness or not know to avoid hanging over if they have unmedicated high blood pressure.

Sit, feet flat, palms on thighs. Decide who will lead first.

Leader - Follow your own timing. Sitting straight, make a few seconds of steady eye contact.

Curl down toward the ground, taking some of the weight through your arms to your thighs, if you like.

Be sure to curl down only as far as is comfortable.

Hang there as long as it feels good. Your arms can release down if you like.

Slowly, assisting with your arms if you like, curl up again, stacking your vertebrae till you sit tall.

Be sure to meet your Partner's eyes as you curl up.

Witness/Mirror - Eyes open. Be a warm witness. Breathe and feel the length of your own spine as you sit and observe. When they make eye contact, allow a smile to kindle. You can stretch with them as long as you are there to meet their gaze as they curl up.

To End: Pause, eyes closed, spine tall. Sense your feet on the ground. Take a few breaths, open your eyes and TALK.

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

Suggestions: Can be done as a partner exercise once both people know it.

People like: People like: "The feeling of letting go to the ground." "Feeling met in a grounded sense of self."

Challenges: Be gentle with any limitations. Curl only in ways you can without hurting.

Do not override physical pain or discomfort to look good!