

Washing Machine: Instructions

For up regulation, increasing oxygenation and energy.

For increasing our capacity to be energized and connected.

Sit comfortably, turned 90° from your screen so that you are elbow to elbow with your partner. If practicing online, be sure you can see one another's arms, head, and face.

Leader - Eyes open and close at will. Rest your hands on your shoulders, elbows up and out at shoulder height. Begin with your spine straight and centered. Inhale and twist toward your partner for a moment of eye contact. Exhale, twist all the way away from your partner. Continue turning from right to left, breathing deeply. Aim to make eye contact, if you can, but a comfortable rhythm is more important.

Mirror - Eyes open. Mirror the motion and pacing of the leader. When you make eye contact, offer a smile.

Timing: Continue for 30-100 twists (a minute or so),

To End: Come to center, breathe out, then breathe in deeply and hold the breath, pulling in at the belly and up on the pelvic floor.

Hold until you need to exhale. Rock or wiggle back and forth, eyes closed, feeling your energy.

Open your eyes and TALK: 1-2 min - Both share about your experience.

Switch roles, and repeat.

Suggestions: Adjust your angle away from your partner to get more of a twist. Be forgiving about time lag, especially online.

People like: "Feeling energized and cheerful." "Getting grounded and ready for what's next."

Challenges: The breathing can be intense. If the time lag makes it unworkable, Try Propellor. Worrying about being too much or not enough.