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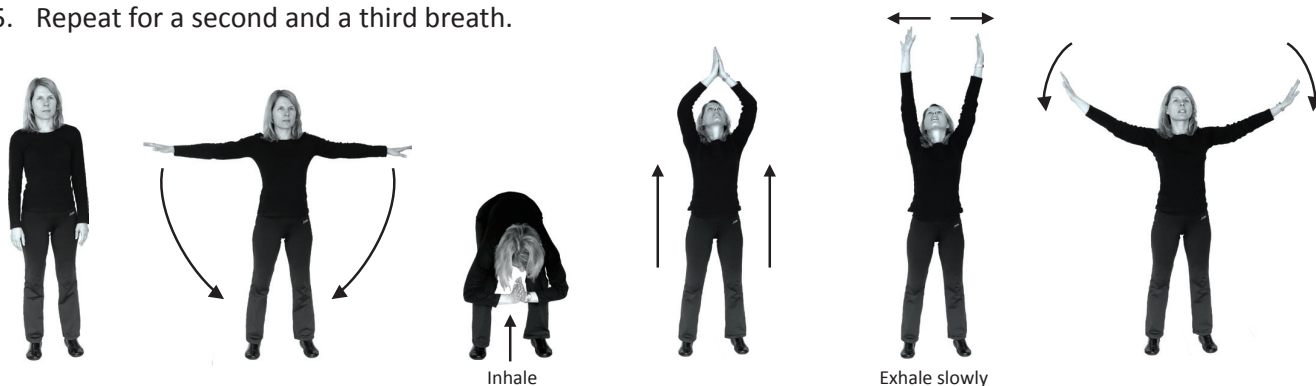
DAILY MOVEMENT PRACTICE

The daily movement practice exercises are designed to work with breath, develop center and help you become more familiar with the rest of the body, particularly the lower part of the body. They teach you how to build energy and settle and build energy and settle again. Sensations noticed in the body are your connection to your aliveness. As you build and settle your energy in these exercises, notice the aliveness in your body. Building this capacity to notice sensation will enable you to bring more of yourself to life and the task at hand. Developing the capacity to work with energy and notice the resultant sensations will help you to bring more leadership presence into your work and personal life whilst under pressure.

Exercise 1: Expansion Breath (3 repetitions)

Stand with your feet hip distance apart and take a moment to connect with the sensation of being supported by the earth. Gently rock from your heels to the balls of your feet several times and come to a standstill with your weight about 60% on the balls of your feet, leaning in to life.

1. With your feet shoulder distance apart, arms outstretched to the side, bend your knees and reach down towards the earth with your arms.
2. Imagine that you are gathering up the energy from the earth. Palms together, breathe into your core.
3. Bring the energy and breath up your midline to over your head.
4. Exhale slowly and extend your hands and fingertips out reaching through the walls and down to your sides.
5. Repeat for a second and a third breath.



Exercise 2: Waking up the Core

1. Stand with feet hip distance, knees are soft.
2. With the palms of your hands begin waking up the core by patting it all around front and back, bringing sensation and a sense of aliveness to this area of the body.
3. Smile.





Exercise 3: Containment Breath (3 repetitions)

1. Stand with your feet hip distance apart.
2. Inhale, raising your arms up as you do so.
3. Hold your breath as you lightly make a fist with your hands. Compress the energy of your breath into your core. Imagine that you are bracing yourself to push something heavy.
4. Hold for a moment as you sense the energy building in the abdomen.
5. Exhale slowly as you release your arms down, sensing how holding in your core softens.



Inhale up



Hold breath



Exhale slowly

Exercise 4: Moving from Center

This movement originates from the core, not from the head and shoulders – almost like a baseball or golf swing.

1. Stand with your feet hip distance, knees slightly bent, arms at your sides and bring your attention to your core.
2. Start moving your hips from side to side with a small movement.
3. Keep your chest, eyes and head facing forward, keeping your head, heart and core aligned.
4. In the centre of your core, imagine a point of light and turn from that point like a lighthouse.
5. Let your arms follow the movement.
6. As you continue to move, keep settling down into the hips.
7. You can speed it up or slow it down.
8. Bring the movement to a close and take a moment to stand still and feel the aliveness.

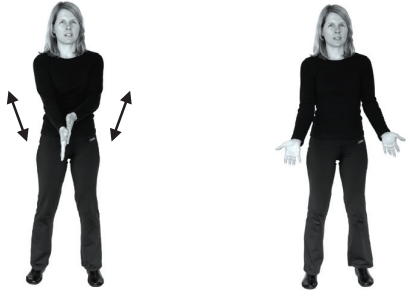


Exercise 5: Energize the Hands

1. Stand with your feet hip distance, knees soft and put your hands together in front of your core.
2. Rub your hands together charging them up with energy. Sense the underside of your arms from the pinky finger to the elbow.
3. Keep your attention on the connection of core to hands.
4. As tension builds in the shoulders, use an exhale to drop under it.
5. Bring this movement to a close and extend your hands out, palms up. Sense the aliveness, tingling and warmth in your hands.

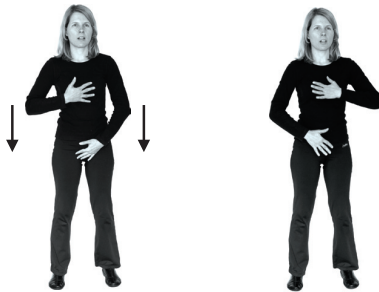


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Exercise 6: Connect heart to Core by Stroking

1. Use the energy just generated in your hands to connect your heart to your core.
2. Stroke from your chest to your core with both hands.
3. As you do this, soften and settle down using a long exhale to help you.



Exercise 7: Shift Weight

1. Start with your left foot forward in a comfortable stance – not too wide.
2. Keep both your feet firmly on the ground (don't lift your heels).
3. Place one hand on your core and the other at the small of your back.
4. Begin shifting your weight back and forth.
5. Feet: Drop awareness into the feet. Feel how the pressure transfers from one foot to the other. Track sensation.
6. Legs: Sense how the legs empty and fill as you move back and forth – muscles, tendons and ligaments activate and release as you move. Use the exhale to bring your awareness down if you find your attention drifting off.
7. Core: Sense the pressure of the hands against your core and lower back. Focus on the space between the hands. With your awareness, locate the mid-point in that space and place an imaginary light in the middle of the space. Exhale into that point, resting your mind in your core.
8. Bring the movement to a close.
9. Change feet and hands and repeat the exercise on the other side.





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Exercise 8: Change Feet – Wedge Shape

The wedge shape is the triangle, masculine, action shape. It is the shape that allows for entering in and moving through difficulties, much like the bow of a boat cutting through water.

1. Put your left foot forward in a comfortable stance – not too wide – and extend your left arm forward.
2. To change, bring your right foot even with the left and then step your left foot back. As you step the left foot back, imagine that there is a string connected from your leg to your hand so that as you move your leg back, the same hand follows.
3. Feet together, one foot back. Continue to move in this way and remember to breathe.
4. Remember your intention, your quality – what do you want to bring through you into the world?
5. Focus your intention with the shape: a sharp leading edge (fingertips), smooth sides (straight arms in front of core) and a flat supported back. Head, heart and core are aligned.
6. As you continue to move inside this shape, allow the muscles to feel more at ease. Sense how the shape can empower your intention. Remember to center ie exhale down, balance your field, feel gravity and invite your quality.
7. Bring the movement to a close.



Exercise 9: Center – Basic Practice

1. Stand with feet hip distance or with one foot forward in a balanced stance.
2. Inhale as you lengthen up your spine (upright, dignified posture) and a long slow exhale as you soften chest and core into the earth.
3. Balance your energy (back, front, left and right sides)
4. Allow gravity to soften your jaw and shoulders as you relax a little more.
5. Invite your quality: “If I had a little more..... where would I notice it?”

Exercise 9: Two-Step Turn

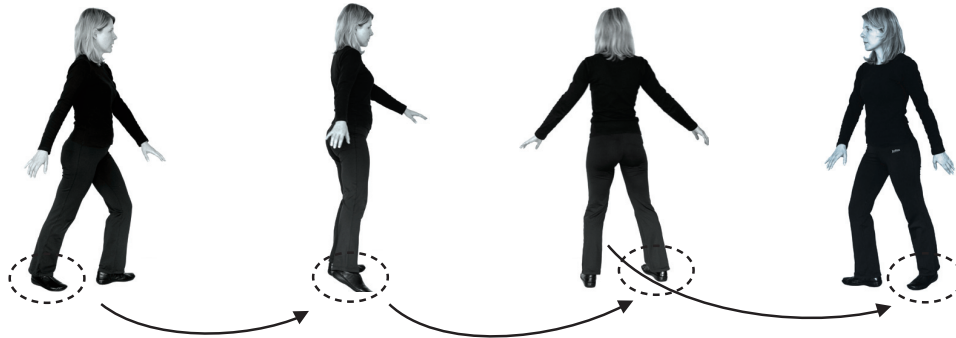
This exercise comes from an Aikido where one turns and sees who is behind. It is used as an exercise to practice Centering while moving in the world.

1. After you’ve centered, place your left foot forward.
2. Step forward with your right foot and turn.
3. Your right foot is forward and the left foot is back; nice balanced stance.
4. Step forward with your left foot and turn.
5. You left foot is forward and the right foot is back.
6. Keep going with the two-step turn and go through your Centering with your attention on your own space (ie collected attention):
 - a. Inhale and uplift, long slow exhale flowing down into the earth.
 - b. Balance your energy – back, front, left and right sides.
 - c. Allow gravity to have the weight of your jaw and shoulders as you soften down a little more.
 - d. Invite your quality: “If I had a little more..... where would I notice it?”



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7. Expand your awareness to make more space for others to be in your field of presence (ie open attention) as you repeat the centering above. You are at your center and can allow others to be inside your per-sonal space unconditionally, just as they are.
8. Bring your attention slowly back to your own center.
9. Turn and stay.
10. Recover a balanced stance. Take a moment to notice whether your skeleton feels a little bigger and no-tice the life force moving through your body. Allow this life force to energise and hold you.



Please take a moment to bow and give thanks for this practice.