

MIND-BODY SKILLS GROUP



Shaking and Dancing (Expressive Movement)

A form of “dynamic, movement-based, or expressive meditation”

Music:

- Osho “Kundalini” or any dynamic/rhythmic music such as drumming, followed by any uplifting song/music

Cautions & Contraindications

- Do only to your capacity – should not produce pain
- If you have balance issues, keep eyes open and stand near a wall or sturdy object
- Can be done sitting by shaking the arms, trunk, etc. or even lying down too

Purpose

- Raises energy
- Releases tension
- Breaks up habitual physical, emotional and/or mental holding patterns
- Increases awareness of mind-body patterns

Method

- Plant your feet solidly on the ground. Perform a body scan (with your eyes closed if your balance is good, eyes open if you feel unsteady). Notice how the body feels. Notice the energy flow in your body by noticing sensations. Notice areas of tension.
- Now, let your arms hang loosely at your sides, and make sure that your knees are slightly bent. Let your body become loose as you begin to shake or bounce your entire body up and down, keeping your feet planted. Drop your jaw and let your head rest easily on your neck. Let your body make whatever sounds it might want to make while shaking. Continue for about 5-10 minutes. Stop.
- Now, scan your body again and notice any differences in how it feels. Notice any changes in emotions or thoughts.
- Turn on a favorite music, and let yourself move freely in whatever way feels right. Let the movement move you!