



Guidelines

Awareness through Movement lessons

For the lessons you will need a **mat or thick blanket** to lie on, and another **couple of folded blankets** or towels to support your head (1 to support your head when lying on back, and an extra one when lying on the side).

Give yourself **enough space** to have your arms out to the sides and overhead without touching anything.

Best to wear **warm, non-restrictive clothing** (loose/stretchy trousers, fleece or jumper etc. skirts, tight jeans not suitable), and a pair of socks. **Remove belts** before you begin.

If you wear glasses, please leave them off for the lesson, so your eye muscles can relax (you won't need to see anything!).

Listen to each movement description and **begin to explore gently and slowly**, so you have time to sense yourself more fully. Only do what is comfortable, and stay well within your true range of ease.

The aim is to notice how you can begin each movement **without holding breath**, and to find **easier, softer** ways of moving each time, rather than relying on force or pushing yourself.

No movement or position should feel uncomfortable or painful, or stretched – if you can't find a way to begin without discomfort / holding breath, **please stop**.

You can **imagine the movements** instead (very beneficial if you have restricted movement), or simply continue with the next step and re-visit difficult movements another time.

Take longer rests whenever you feel you need to.

If you are in pain, or injured, please seek advice from your medical practitioner before starting.