

Supports and Bridges: Structural Support for Existing Gravity and Space Somatization

1. Lie on your back. Rest. Release your weight so you are resting on the earth without effort. Make yourself comfortable (Get what you need. We will not stay in this position the entire time.)
2. Notice what parts of your body rest on the floor. Notice which parts hang back to the floor. Notice where you feel the architecture of your boney supports: the skull, the rib cage, the pelvis, the shapes of the arms and hands, the shapes of the legs and feet.
3. Feel how the breath may shape your bodies position, ever so slightly, changing perhaps where the weight falls.
(Pause)
4. Allow your arms to float upward toward the ceiling. Notice what happens to your weight as you do so. Does it shift even just so slightly? Let this turn into a reach. Reach into the space around your body. (REACH SPACE).
5. Allow your legs to float upward toward the ceiling. Notice what happens to your weight as you do so. Does it shift even just so slightly? Let this turn into a reach. Reach into the space around your body. (REACH SPACE).
6. Place your hands and feet on the floor. Push into the floor. Push and see if you can lift any part of your torso or head off. Rest. Place your elbows and forearms. Push.
7. See what, if any, other parts you can use to push and lift off the floor. Try a few different times.

8. Now take your time and experiment with lifting one of the three main body weights (head, chest, pelvis) your **head**. Notice what you do to lift it. Does your weight change? Do you hold somewhere else? What do you feel as you lift? Several bones, jaw, hyoid bone and neck. Do you notice any changes in their relationship? Does this remind you of anything? Rest.
9. Now take your time and experiment with lifting your **chest**. Notice what you do to lift it. Does your weight change? Do you hold somewhere else? What do you feel as you lift? Does this remind you of anything familiar? Do you like this? Is it hard or easy? Rest.
10. Now take your time and experiment with lifting your **pelvis**. Notice what you need to do to lift it. Does your weight change? Do you hold somewhere else? What do you feel as you lift? Does this remind you of anything? Do you like this? Is it hard or easy? Rest.

11. Roll to one side. Rest. Release your weight so you are resting on the earth without effort. Make yourself comfortable (Get what you need. We will not stay in this position the entire time.)
12. Notice what parts of your body rest on the floor. Notice which parts hang back to the floor. Notice where you feel the architecture of your boney supports: the skull, the rib cage, the pelvis, the shapes of the arms and hands, the shapes of the legs and feet.
13. Feel how the breath may shape your bodies position, ever so slightly, changing perhaps where the weight falls.
14. Now take your time and experiment with lifting your **head**. Notice what you do to lift it. Does your weight change? Do you hold somewhere else? What do you feel as you lift? Several bones, jaw, hyoid bone and neck. Do you notice any changes in their relationship? Does this remind you of anything? Rest.
15. Now take your time and experiment with lifting your **chest**. Notice what you do to lift it. Does your weight change? Do you hold somewhere else? What do you feel as you lift? Does this remind you of anything familiar? Do you like this? Is it hard or easy? Rest.
16. Now take your time and experiment with lifting your **pelvis**. Notice what you need to do to lift it. Does your weight change? Do you hold somewhere else? What do you feel as you lift? Does this remind you of anything? Do you like this? Is it hard or easy? Rest.

17. Roll to the front of your body. Rest. Release your weight so you are resting on the earth without effort. Make yourself comfortable (Get what you need. We will not stay in this position the entire time.)
18. Notice what parts of your body rest on the floor. Notice which parts hang back to the floor. Notice where you feel the architecture of your boney supports: the skull, the rib cage, the pelvis, the shapes of the arms and hands, the shapes of the legs and feet.
19. Feel how the breath may shape your bodies position, ever so slightly, changing perhaps where the weight falls.
20. Now take your time and experiment with lifting one of the three main body weights (head, chest, pelvis) your **head**. Notice what you do to lift it. Does your weight change? Do you hold somewhere else? What do you feel as you lift? Several bones, jaw, hyoid bone and neck. Do you notice any changes in their relationship? Does this remind you of anything? Rest.
21. Now take your time and experiment with lifting your **chest**. Notice what you do to lift it. Does your weight change? Do you hold somewhere else? What do you feel as you lift? Does this remind you of anything familiar? Do you like this? Is it hard or easy? Rest.
22. Now take your time and experiment with lifting your **pelvis**. Notice what you need to do to lift it. Does your weight change? Do you hold somewhere else? What do you feel as you lift? Does this remind you of anything? Do you like this? Is it hard or easy? Rest.
23. Roll to the final side of the body. All your weight to rest into the floor. Allow yourself to play with these three weights, lifting them or just resting.

Comments? Questions?