

BodyVerse Warm-Up

Before you view my video, as a way to "activate" the viewer, I encourage you to participate in a pre-previewing warm-up.

Warm-up

*You can be seated or standing.

1. With your hands either, touch, squeeze, brush, tap, and shake different parts of your body. Feel your bones underneath the layers of clothes and skin.
2. Look at the back of your hands (palms facing down). Notice the river and streams of veins. Move your fingers and notice the tendons and muscles rooting the movement.
3. Lift your hands and arms above your head for a minute and notice the flow of fluids--blood, lymph, and interstitial fluid --pulling away from your fingers and down the arms. Slowly move your arms down by your side and notice the redirection of the fluids move back to your fingertips.
4. Close your eyes, cover your ears with your hands, and take 5 slow, deep breaths. Notice the inner ocean sound that occurs.

Post-Viewing

At the end of the video (when you see my eye), you will hear a singing bowl. I encourage you to close your eyes, reflect on my work and find a mindful/meditative connection with your body and the earth.

Viewing suggestions: Dim or turn off the lights in your space. Headphones are encouraged.

Thank you for taking the time to participate and view my work.

BodyVerse Video Link... <https://youtu.be/vq9QEW3RmWc>

Peace,
Colin Stilwell