

## **MOVEMENT EXPLORATION SCRIPT**

Movement Exploration is a free-flowing, mindful exercise that encourages intuitive, natural movements to release tension, improve flexibility, and connect with your body.

**Here are the steps of the Energy Flow® Movement Exploration exercise:**

1. Find your balance and stand firmly, feeling connected to the ground beneath you.
2. Breathe out and imagine all of your worries flowing through your feet and into the earth.
3. Soften your knees slightly, staying relaxed and grounded.
4. Inhale deeply and lift your arms to shoulder height, straightening your knees gently as you rise.
5. Exhale slowly, lowering your hands fluidly while bending your knees and staying rooted to the ground.
6. Repeat the movement in your own natural rhythm, letting your breath guide your flow.
7. Visualise roots growing down from your feet into the earth and your hands swaying like branches in the sky.
8. Continue the cycle, connecting your grounded strength with the fluidity & flexibility of your motions.

**Reflection questions:**

1. What parts of your body felt the most free or restricted during the movement exploration?
2. How did it feel to release worries and allow your movements to flow freely?
3. How did your body respond to the slow and controlled movements in this exercise?