

BOUNCING MOVEMENT SCRIPT

Bouncing Movement is a gentle, rhythmic body movement where you bounce or pulse up and down, starting from the knees and moving up to the whole body.

Here are the steps of the Energy Flow® Bouncing Movement exercise:

1. Stand or sit in a relaxed position, with your feet shoulder-width apart.
2. Begin by gently pulsing or bouncing your body up and down (you can start with your knees, then your hips, and work up to your whole body).
3. Keep the movement small, rhythmic, and fluid, like a gentle vibration or soft bounce.
4. Breathe naturally while allowing your body to move with ease and freedom.

Reflection questions:

1. How does your body respond to the gentle bouncing movement?
2. What sensations did you notice as the bouncing movement spread through your body?
3. After completing the exercise, how did your body feel?