

SHIFTING THE WEIGHT SCRIPT

Shifting the Weight is a mindful movement exercise that involves gently swaying or shifting your body weight from side to side.

Here are the steps of the Energy Flow® Shifting the Weight exercise:

1. Stand comfortably with feet parallel and hip-width apart, knees slightly bent.
2. Place right hand on chest and left hand on belly, focusing on natural breathing.
3. Shift weight forward or to one side as you inhale through your nose.
4. Shift weight backward or to the opposite side as you exhale through your mouth.
5. Notice the texture of the ground, sounds, scents, and sights around you.
6. Visualise your feet as roots, grounding you to the earth, with energy flowing upward.
7. Experiment with different movement patterns, like figure eights or diagonal shifts.
8. Stand still to reflect on how your body feels compared to when you started.
9. Repeat affirmations like "I am grounded and present" as you shift your weight.

Reflection questions:

1. After finishing the exercise, how did your body feel compared to when you first started?
2. What areas of your body felt most engaged during the bounce?
3. What changes did you notice in your breathing and body while performing the exercise?