

## **Grounding and Centering exercises**

### **Rufus and Elisabeth**

#### ***Standing on one leg;***

Lift your knee is lifted to hip height in front (Karate Kid style), arms out by sides for balance. Try to maintain balance for at least a minute on each leg.

Supporting leg is rooted to the ground

Centring; the stomach and core will be likely to become more tense during this exercise.

#### ***Leg swinging;***

start by swinging one leg gently backwards and forwards, slowly make bigger movements Swing the leg for a minute or so then pause resting leg in standing position, pay attention to how the two legs feel, are there any differences in how they feel (e.g. weight, tiredness, length)?

#### ***Swinging arms;***

Feet are shoulder width apart, raise up both hands and then swing them down by the body in a relaxed way. By bending the legs with each swing we can generate the power to swing the arms from the legs and centre. Swing arms for one to two minutes, then spend time reflecting on how it felt.

#### ***Stomping grounding exercise***

To really feel the ground supporting you stomp from side to side for one to two minutes, then notice how your legs feet and the ground feel.

#### ***Centring with the breath***

Stomp with each foot just once and then breathe in lifting the hands upwards then breathe out lowering the hands and arms slowly until you have fully breathed out. Repeat several times. Practice exhaling centring and grounding yourself without the stomping and arm movements. Try this kind of centring breathing each time before you say something to someone else and each time before you text someone.

#### ***Standing grounded and strong***

One person tries to stand strong while the other person exhales centres and grounds themselves and then asks if they may push them. If the person agrees, using an open fist they gently put pressure on the person at hip level, they then ask may I lean on you? If the person agrees they can lean by lifting on of their legs so they are propped up by the person standing strong.

#### ***Ways to become more aware of our centre***

Clenching one fist can help us be aware of our centre, even pressing finger and thumb together can help us be aware of our centre. Placing one hand on our belly while we breathe in and out can also help us learn to find that our centre can be a place of calmness as well as strength and awareness.

## **5,4,3,2,1 exercise:**

Notice 5 things you can see; 5 things you can hear; 5 things you can feel.

Now notice 4 things you can see; 4 things you can hear; 4 things you can feel.

Now notice 3.... and so on down to 1.

## **Do-in**

Do-in comes from Shiatsu and is a form of self massage. It is good for releasing stress and energising as well as grounding as it lets us know where our boundaries are.

Form lightly clenched fists and firmly but without bruising yourself, tap with both hands all around your head for a minute or so.

Take one arm and place it across the opposite shoulder and tap firmly with your fist back and forth from your neck to the edge of your shoulder. Repeat on the other side.

Start at the top of your shoulder and tap firmly with your fist gradually moving it down your arm to your hand; when you reach your hand turn it over and tap up the inside of your arm. Do this three times and then do the same on the other arm.

With both fists lightly beat your upper chest then in a clockwise direction lightly tap with your fists in a circle around your stomach area three times. Then bending the legs slightly lean over and tap with your fists your legs front back and sides down to your ankles if you can reach and back up again. Repeat this whole sequence (chest, stomach and legs) two more times.

Lean forwards and with the side of your fists tap up and down your lower back. Finally use your fist to tap on your buttocks in a rhythmic fashion. When you have done this for half a minute or so shake of your hands and arms as if they were wet and you were trying to flick off the water.

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## **Face massage**

(you can do for yourself)

Pull one hand slowly across your forehead. Pull the other hand slowly in the other direction across your forehead; repeat ten times

Pinch the eyebrows and brow from one side to the other ten times

Lightly pinch and pull each ear working in a circle from the top of the ear to the bottom and back again; ten times.

Take forefinger and middle finger and place them around each ear and slowly pull your hands downwards so you rub both the front and back of the ear; repeat ten times.

Lightly stroke your upper eyelid in a half circle and then your lower eyelid in a half circle; repeat ten times.

Lightly pinch the edge of your eyelids together starting from one side and moving to the other side and back; repeat ten times.

Put your fore fingers either side of your nose and smoothly rub them outwards past your cheekbones till you reach your ears; repeat ten times.

Put your fore fingers either side of your nose and slowly drag them downwards to your mouth; repeat ten times.

Gently massage the jaw hinges in a circular manner

Grimace and then relax the face; repeat ten times.

*Many people find this helpful for self soothing and relaxation*

## **Chair Yoga**

Sit comfortably in a chair

Lift right foot 2 inches and rotate right foot slowly 4 times one direction and then 4 times the other direction. Rest foot. Then do the same with the left foot.

Return to right leg lift foot again this time rotate lower leg from the knee 4 times in one direction and then 4 times in the other direction.

Do the same with the left lower leg.

In between these exercises pause notice how foot and lower leg feels.

If there is space stretch out both legs in front of you and pause for 2 or 3 seconds before slowly lowering them. Repeat this 4 times.

Sit a little forward in your chair so your back is not resting on the back of the chair. Imagine a thread going through your spine up to the ceiling. So you are sitting upright but also

relaxed not too tense.

Straighten your arms out in front, breathe in and lift hands to an up right position keeping arms still out in front, breathe out lower hands to a downward position, repeat 4 times.

Interlock hands and stretch arms upwards so that you feel a stretch in upper body including lower back. Repeat four times.

Put hands on shoulders and rotate shoulder 10 times in one direction and then ten times in the other direction.

Place left hand on left knee, put right hand on back of chair and turn looking over right shoulder, whilst remaining seated. Hold and then turn back to original sitting position repeat on other side, repeat this 4 times.

Rolling cat exercise; Sit forwards in chair. Put hands on thighs breathe in look up and push chest forwards, breathe out and curl spine till chin touches chest. Repeat exercise 4 times.

Look right while breathing in, turn back to looking ahead as you breathe out;  
Look left while breathing in, turn back to looking ahead as you breathe out;  
Repeat this 4 times.

Look up breathing in, look down breathing out;  
Repeat this 4 times.

Gently circle head in a downwards semi circle form right to left and form left to right.  
Repeat this 4 times.

End of chair yoga routine.

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also see <http://sarahkreece.com/2011/09/30/grounding-techniques/>

some practical videos at [www.rufusmay.com](http://www.rufusmay.com)

*Elisabeth's blog* [www.livinglifegently.wordpress.com](http://www.livinglifegently.wordpress.com)