

Solunakēn



Gentle Movement

MOON COVE



A simple tide-like sway to reconnect with your body
and the present moment.

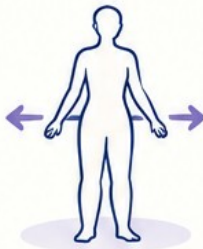
1



Find a comfortable place to stand.

Let your feet rest on the ground about hip-width apart.
If standing isn't comfortable for you, this practice can also
be explored seated.

2



Gently shift your weight.

Begin to slowly shift your weight toward one side,
then let it travel toward the other.
There's no need to make the movement large.
Just allow the natural shift.

3



Let your body move naturally.

As you find your rhythm, let your arms move naturally with you.
They might sway a little, or simply hang softly at your sides.

4



Notice what you notice.

- Notice your feet meeting the ground.
- Notice the shifting of your weight.
- Notice your breath.
- Notice what changes as you move.

There is nothing you need to make happen.
Just move. Just notice.



What do you notice now?

