Solunakēn

Welcome, Gather & Hold

Somatic Movement

A simple way to receive, center, and honor what you've gathered.

1



Stand.

Find a comfortable place to stand. Let your feet rest on the ground about hip-width apart. Soften your knees and take a moment to arrive.

2



Arms up to welcome and receive.

Slowly sweep your arms outward and upward, opening your chest and inviting in support, energy, and possibility. Let your gaze lift, if that feels good.

3



Arms to prayer for center and settle.

Bring your hands together at your heart. Take a breath and feel yourself center and settle.

4



Gather and hold.

Gently open your hands, lowering your arms with palms up near your hips or belly, as though gathering and holding something valuable. Rest here for a breath or two.

5



Notice.

- What do you feel in your body now?
- What quality of energy is here for you?
- What have you already gathered that you can honor?

Repeat 2–3 times, at your own pace.

PAUSE • ORIENT • ACT