



Four Skills For Embodiment Around Others

MODULE 2: Finding Home in Your Core

Buddy Practice Instructions

Meet with a buddy online or in person. (Allow a half an hour each time).

We at the Center for Body Up! Coregulation support co-regulators to relate as peers, to reach out to one another for co-regulation, and to have appropriate boundaries. We celebrate and encourage non-hierarchical relating and self-responsibility. Remember, Co-regulation is only co-regulation if it is good for both people. The practices offer a platform to explore what works for you. There is no right or wrong way to do them. Adjust them to work for you. Communicate with one another about what works for you.

Lesson 2.4 - Buddy Practice #1

Buddy: _____

This simple practice helps us arrive in our bodies - anytime we need it!

1. Before you Practice, talk about the following questions from Lesson One.
 - When have you felt most alive in your body lately (around which people and activities)?
 - When have you lost your sense of embodied self lately (around which people and activities)?
 - How do you know when you are awake or present in your body?
2. **Practice *Sitz Bones Rock*** - Be sure to TALK! after each leader's turn.
3. At the end of your practice session, address these questions:
 - Could you feel the weight pouring or shifting from one side to the other?
 - Did *Sitz Bones Rock* help you settle more into your core?
 - How was it for you to mirror and be mirrored?
 - Did you get self conscious? Many people do, especially at first.

In the TALK time ask, "What did you notice?" You may choose to share about:

- **Your breath** and any changes in depth or length, etc.
- Your level of **self-consciousness**
- Your sense of **connection** with yourself, or your partner
- **Your response** to your partner's smile or presence
- **Your mood** and energy levels, and any changes
- **Body Tension** (belly, jaw, eyes, shoulders, etc) - Any changes, or lack of change!
- **Engagement** - Did you find it engaging or was it hard to stay present?
- **Thoughts** - Did they slow down, speed up, or distract you from being present?
- **Emotions** that came up
- **Change:** Did your feelings about doing it change from before to after?