



## FIRST PRACTICE BODY & EMOTIONS

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The goal of this practice is to **reconnect with your body, allowing yourself to feel, and flow.**

Allow yourself to **feel your emotions** that may be trapped in your body and **needs to be released.**

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That's the first step of embodiments practices, and probably the most important one. It will help you to **build up your sensitivity and awareness**, using **mental focus, touch and movements.**

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Define the appropriate moment for you to practice.

For myself, I personally prefer to do my practice in the morning, but choose at your best

convenience where you can be alone, without being distracted for at least **25 minutes**.

## Preparation

- ❖ This practice involves movement; therefore, you will need enough **space** around you that will allow you to **move freely**.
- ❖ The 1<sup>st</sup> part of the practice is more still; you can use a **yoga mat** or you can also start lying down on your **bed** (or just sitting).
- ❖ You can light up some **candles, incense**, and play some nice **music** in the background, anything that make you feel good and motivated to start your practice.
- ❖ You can find a link towards a **music playlist** that I like to use during my practice, but feel free to create your own.
- ❖ I prefer a **slow**, more quiet music **to begin** with and then something that make me want to move my body.

## ☆☆ Let's begin the practice

- ❖ Once you have your space set up, sit or lay down on your yoga mat or bed.
- ❖ In the next few minutes, we will work on **emptying the mind**, and **bringing more awareness into the body rather than in our mind**.
- ❖ Gently **close your eyes**, and bring your focus **inward**.
- ❖ Now **focus on the breath**.
- ❖ While keeping the **mouth open**, **inhale through the nose**, and **exhale through the mouth**.
- ❖ Take few deep breaths.  
**Emphasizing on the exhalation**, with a nice and long exhale.



- ❖ Now, bring awareness in each body part, **scanning your entire body from your feet to your head.**  
Observe if there are any **feelings or sensations**, internal or external, that are rising.  
For example, feeling the temperature of the air around you, feeling your clothes in contact with your skin, or even some emotions, **joy, pain, pleasure, discomfort...**  
Observe if there are **some areas that feel easier to connect with**, or, in the contrary, some **areas that may feel numb, without any sensation, or even pain.**
- ❖ If at any point of this practice, you start to be in your head, gently bring back your **awareness to your body, focusing on your breath**, that will help you to **reconnect yourself with the present moment.**
- ❖ Going at your own pace, start to scan your body form the bottom to the top: Toes, feet, ankles, lower legs, calf, knees, upper legs, pelvis area, buttock, genital, lower belly, lower back, abdomen, chest, upper back, fingers, hands, wrists, forearms, elbows, upper arms, shoulders, neck, nape, all the muscles of the face...
- ❖ **With which area of your body where you able to connect, and what area weren't you able to feel any sensations?**
- ❖ **Just observe, without judging.**
- ❖ **What part of your body needs love and attention today, at this moment?**
- ❖ **Every day it may feel different.**

## ☆☆☆ Touch

- ❖ Start **rubbing** your hands together.
- ❖ Place your hands on the specific **area that needs more care**, for example you feel some pain at your chest level.
- ❖ Place your hands on that specific area, without moving, **breathe and feel**.
- ❖ **How does it feel to bring some loving touch on your chest?**
- ❖ **Feel your presence here**, in this part of your body **is cherish**. Welcome that tension, send some **deep breaths** here as a message, **"I acknowledge you."**
- ❖ Then slowly, very gently and lovingly, you can start **moving your hands around that area**, stay **connected with your feelings** and whatever is rising up in you, while **touching softly and giving attention** to that part of your body.
- ❖ If you want, you can **extend your touch**, to other area in your body that you feel needs attention, just focus on the contact of your hands on your body and the feelings that are rising.



- ❖ After building up our awareness and start releasing tensions with the help of touch, we will continue our path by **using movements**.
- ❖ Feel what part of your body wants to move maybe it's the head that want to start moving, with gentle rotation, maybe your fingers, or even your legs. Feel **what movement is wanting to be expressed**, no need to do anything, you just need to **drop your mind, and feel what your body needs**.  
**What does your body deeply desire right now?**  
Especially **listen those areas of your body that need a little extra care and attention**.
- ❖ Keep listening to your body, if it wants to keep laying down, or move slowly **to a standing position**.
- ❖ Maybe it needs to express some soft rounded movements or maybe sharp, shaking, disorganised movements. It doesn't need to look neither beautiful or graceful. **You want to release whatever is in your body and holding you back**.
- ❖ **Keep breathing deeply**. If any **sound** is coming, **express it**.
- ❖ Go deeper, allow yourself to feel, and take a moment to **observe your body and feelings**.
- ❖ **Where is your body tight right now?**  
Feel it, explore that tightness, that pain, that discomfort.
- ❖ Allow yourself to feel it, and to **feel the emotions that are connected to it**.

Everything is welcome. (laughter, tears, screaming...)

- ❖ **Reflect on how you experience this physical tightness in your body?**
- ❖ **Keep bringing presence in those areas, acknowledge your feelings.**

## ☆☆ Final Awareness

- ❖ You can continue the same process, same exercises in another part of your body where you feel tensions, take as much time as you want and need, or you can simply stop here for now.
- ❖ I like to end this practice, **laying down on my back**, connecting with my hand to the body part that needed attention.
- ❖ **Connect with the breath.**
- ❖ **What did you feel when you heard and repeat to yourself that you were cherished in those places?** ❖ Take a few moments for **self-reflection:**  
**What is stopping you from flowing with your feminine feeling?**

❖ Take a moment of **gratitude** toward your **physical body**, sending **loving thought**, while bringing a **gentle smile** on your **face**.

*I hope you enjoyed this practice!*

*Don't hesitate to leave a comment or share your experience with me.*

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