

THIS MONTH'S THEME IS BALANCE. PHYSICALLY, MENTALLY AND SPIRITUALLY, INSPIRED BY LAURA'S CLASS EXPLORING THE CHAKRA POINTS AS AN INITIATION TO GENERATE MOVEMENT AND ENERGY

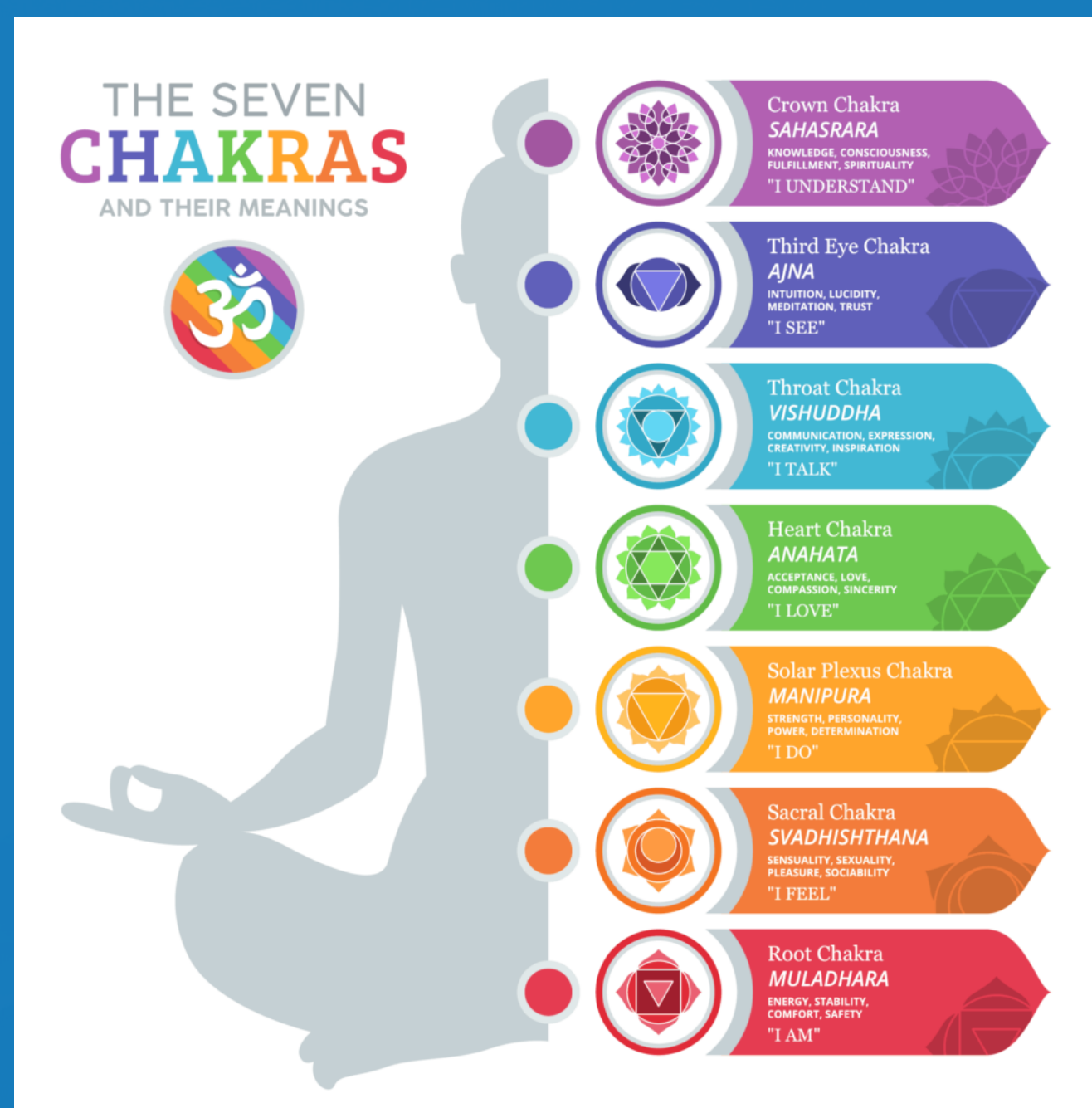


Image courtesy of <http://www.handsonhealthsheffield.com/holistic-massage/the-seven-chakras-for-beginners/>

The Chakra Points as inspiration

This month we offer questions, words and considerations for each Chakra point to start you off....

Create an audit of your skills. Seek others support if this is difficult. Celebrate the good, use this to empower your practice.

Soften your focus, notice, see colour, be led by the edges of your vision.

Find something to watch that inspires you. Put pen to paper and simply write. What are you seeing, what are you enjoying, what does this trigger in your creative practice?

Reflect on why you do what you do. What do you love about it? What is at the core of your drive and passion to keep exploring?

Impulse. Place yourself someone familiar. Find resources that support you. Give yourself space and time to reflect.

When possible, reconnect physically with others. Placing forehead to forehead, explore the push and pull of one another, concentrating your focus purely on what you receive.

Grow roots into the ground from the soles of your feet. Choose a piece of music that energises you – bounce, roll to the edges, lift off, press into, spring away from the ground, focusing on the return to grounding and stability.

Inspiration for creating, planning and moving

A simple cool down or focus exercise: Standing in a circle, ask participants to see each other, make eye contact and connect with each other across and around the circle. Keeping that connection in mind, they now lift one leg off the ground, close their eyes and balance. I often start with 15 seconds, counting down slowly. Repeat on the other side. Now try again in a tighter circle, holding on to each other across shoulders. Before closing eyes, take a moment to feel the connection as a whole community. Find a sense of balance and support as one.

Travelling across a space – Starting at one end of the space, find moments of balance and take them into off balance. Gather, collect and resettle into a new balance and repeat travelling across the space. Repeat again mirroring a partner as you travel – explore the embodiment of other people's balance, fall and recovery.

