



MoMeant to Be



THE MINDFUL STICK

Exploring mindfulness using the body and a stick





Exploring mindfulness (self awareness, coordination, cooperation) by playfulness, creativity, physicality using the Pilates stick



Duration

50 min (optimal 1h 30min)



Participants



Preparation and Materials

1 Pillates stick for each participant and facilitator placed on the floor before the beginning of the session





Questions for reflection

- How was the experience?
- What feelings you experienced?
- How did the perception of the stick change since the beginning of the session?

 How the stick challenged
- your mindfulness?



Invite the participants to connect with their senses, with their creativity and playfulness for the whole session.

Introduction:

connection with imagination, creativity and the group

Ask them to walk around and imagine the stick is another object, to create a story out of it, and connect with the other's story. The object can change if the participants get more inspired by the object of somebody else.

Physical and cooperation part of exploration:

- Invite the participants to explore the physical quality of the stick (material, weight, shape etc.). What can they do with the stick? Balancing on the hand, finding the centre of the stick, throwing, letting it fall etc. Give them time to explore, invite their creativity and also show that making mistakes and the moments when the stick is falling down are fully welcomed.
- Throwing the stick: Show the participants the way of throwing the stick up vertically (to catch it easily with minimum movements) and invite them to explore it (playing with height, changing hands etc.).
- Throwing the stick in pairs: Invite the participants to find a partner. At the beginning they need only one stick, the second one is placed on the side. Show them the way of throwing the stick (both of you are holding a stick in the right hand, finding the eye contact and throwing the stick at the same time to the partner). Invite them to find the rhythm while using as few words as possible. Next step is throwing the both sticks (throw from the right hand, catch it in left hand, exchange the hand you hold the stick). Finding the connection and the three directions. exchange the hand you hold the stick). Finding the connection and rhythm, direction of throwing, playing with distance etc.
- Throwing the stick in groups of 3 or 4 people (ideal 4): Invite the participant to find a group of 3 or 4 people. They continue in throwing the stick like they already did in pairs. Finding the common rhythm. Show them how to do it.
- Throwing the stick in the circle with all the participants. Ask the group to form a circle with larger distance - so they can throw and catch the stick. They are holding the stick in the right hand, finding connection in quiet. They throw the stick to their right and at the same moment they catch the stick from the left and exchange the hand for holding the stick. At the beginning is good to lead the common rhythm and slowly open the space to let them find their own rhythm.
- After that invite the participants to take their stick and observe it again paying attention to the sensations in their body, the images that appear, emotions etc. Ask them to think of a gift or feeling they receive throw the connection with this stick. After that ask them to find a word that would describe that feeling or gift and form a circle again.
- Invite them to place the stick somewhere in the middle sharing the word/the gift with the others.
- Catch hands and share one breathe together after that shaking the body and forming a circle sitting for sharing.

MINDFUL BUDDHA



To discover the experience we already have had with the 16 values, that according to Buddha, lead to happiness



Duration

50 min



Participants

unspecified



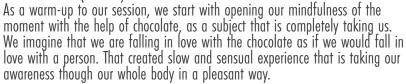
X Preparation and Materials

- Pieces of paper with numbers from 1 to 16
 Description of those 16 guidelines
- to happiness according to Buddha





Introduction (10 min)



- Tune into your inner world.
- Approach chocolate as if it would be your lover.
- Take the chocolate feel the weight, the shape, feel how the moment is anchoring in your body and taking your whole awareness.
- Make the moment expansive, feel the chocolate on your lips, on your face. feel the whole body.
- Eat the chocolate really slowly, if it still feels like to be eaten.
- We connected through the chocolate to our sensual experience of unfolding moment. It helped us to be present in our bodies though this subtlety.

Main activity (40 min)

- Each participant is holding a file with the 16 Guidelines that according to Buda, they lead to happiness.
- Each member picks a paper on which a number is written. From 1 to 16.
- The invitation is to stay mindful. According to the number picked, the member is called to read the corresponding guideline form the file.
- The participants then take time to read the chapter and explore the stories from their life, or the stories that they have heard or known, which reflect the meaning of the guideline. (Ideally this exploration is needed to be in nature, and each participant takes one hour by staying in silence and alone in a spot in nature. But this can be adjusted to the possibilities of time and venue.)
- Afterwards participants are gathering in the circle and one by one share its story/stories, without mentioning which value is reflecting.
- After each sharing, all participants are invited to guess which Guideline is reflecting in the story.
- During reflection time participants are asked to answer questions about what happened during the process. (Example: How did you feel receiving your guideline? How was it to think of your own life story connected to the guideline? How was it to listed to other people's stories and how was it to connect them with the Buddha guidelines?)



MOVE IN, MOVE OUT



Observe and connect with the emotional self at the moment, exploring and processing it through embodiment, movement and creative expression.



Duration

60 min



Participants



Preparation and Materials Big room for movement

(soft floor, no mirrors, soft lighting)

Music equipment

• 1 piece of paper and a pen per pax





Questions for reflection

- Do I stop to listen and connect to my breathing? To my heart? To my thoughts? To my emotions?
- How many layers do I put over myself to go around? What are them?
- How does it feel like to look at your challenges and feelings from different perspectives with movement?
- When do I find myself not breathing?
- Do I need to communicate something I discovered or even spread it?
- How do I deal with myself to close an emotional circle?
- How easy is for me to stay in touch with who is inside me at the moment?





- Walk around and find a space to stop and land in your body, connecting with your breathing, expansion-contraction, with your heart, giving and receiving, with your hands, shaping the space as you are your own creator. Feel free to move and to be a writer, painter, sculptor...to shape the others and to be shaped by them. And now stop, do you connect your thoughts with your expression? And with your heart? What is that you really want to say? Let voice come out and whisper to yourself, move around and if you might find somebody you can give one word, receive another one; explore as well with your mother tongue. And now let it go and stop, bring your hands to your belly, where our emotional brain lives, do you stop to listen to your emotions?

 Deconstruct yourself down and get held by the ground, how many layers do you carry to go out to the world?
- Identify one layer of yours or an emotion and take it with you, open your eyes and you will find a piece of paper and write it down what you have found inside. Now that it has taken form in front of you how does it feel? Do you still carry it in your body? Where do you feel it? Would you like to move it around and see the difference? (Invite participants to move their emotion inside their body or use the written one in the paper to see the different perceptions of it) When it was the first time you have felt this emotion? What does that want to express? What part of you is behind your emotion? Invite participants to show their emotion through their movement to others. Collect new insights on how to deal with the emotion or express it. Think about how others can help you and how you can help others. Write down on the opposite side of the paper what you have found during this process. Put the paper in the centre of a circle along with others, facing the side you want to share. Everybody sits around them.
- With the principle that we need to complete what we started or in other. words to close the circle opened, we need to find a way to come back to the safe grounded space, where it feels comfortable, heading to the fulfilment of the challenge. The participants are given the space to check with themselves in the moment again, observe the dominant feeling and decide whether they need to bring something to the group or keep it to themselves. Choices offered to fulfill this need are the stillness, the movement, the voice, the distance. They have the choice to spread what they found, if something discovered, the chance to share are pick their way, to south themselves the way, they need. Pagis to share or pick their way to sooth themselves the way they need. Basic element: staying continuously aware of myself and the people around me, caring about myself and the people around me.
- Coming back to the sharing circle, it happens that there is a gift coming from universe to all of us. An imaginary big package that we pass around the circle, from hand to hand, unfolded by every single person in the circle and where everybody can get whatever she/he might perceive in that moment.

MINDLESS WORKSHOP

Silent flow between stillness and movement in iorder to connect with yourself and the others



O Aiw

Experience switching off your mind and feeling your body.

feeling your body.
Explore the transition between silence and movement.

Explore the connection with yourself while relating to others.



45-50 min



10-30

X Preparation and Materials

- Tibetan bells to mark the transition between stillness and movement
- Timo
- Poems/texts/songs



Questions for reflection

- Describe the difference between the first and the second pose.
- How did the transition between stillness and movement feel?
- Did you feel any difference between the movement in silence and movement with sounds (poems/texts/songs)?
- Did a word from the poems/texts/songs land in your body?



- While standing in the initial circle the facilitators give the instructions, ask for clarifying questions and invite the participants to join the workshop without talking.
- Gather in a circle.
- Close your eyes.
- Land in your body by touching various parts of it with your hands.
- Create a group image within the circle where each of you choses a still pose that expresses the way you feel in your body and how you relate to the space in this moment.
- Zoom in.
- Stay still for 2' in the pose you have chosen until you hear the sound of the Tibetan bells.
- Start moving for 2' until you hear the sound of the Tibetan bells again.
- Repeat stillness and movement phases eleven more times; each facilitator reads or recites a poem/a text/a song during the movement phase, starting from the third one.
- Gather in a circle again, after the last phase of stillness.
- Create a group image within the circle where each of you choses a still pose that expresses the way you feel in your body and how you relate to the space in this moment.
- Zoom out.
- Go back to the circle.
- Shake your body for 30".
- Take the hands of the two participants right next to you.
- Take three deep breaths together with the whole group.
- Use time to reflect together about the experience.
- Is a word from the poems/texts/songs still sounding in your mind?
- What would you take home from this exercise?

SOUNDSCAPE CIRCLE

Make some noise



To make a mediative landscape with soundsy. Encourage the participants to come in touch with their spontaneous expressions. To explore the sense of hearing and making sounds.



Duration 40-60 min





Preparation and Materials Something to give a signal for the group

- (bell, maybe just a noise you can make, anything clearly distinctive yet no too intrusive)
- Timer for keeping the time duh...
 Anything to set the mood (we used incense, but feel free to experiment)





Questions for reflection

After the excersise, invite them to form discussion groups of 3 people.

Allow the participants 5-10 minutes to talk among themselves, make sure to provide them with questions (see below) they can reflect on.

- What did you experience during the exercise?
- Did you see any images or pictures?
- How was it to be in the big circle and how was it to be in the middle?

After the small reflection groups invite all of the participants back to the big circle and allow them to express any thoughts and feeling they might want to share with the whole group. Time will depend on the number of participants.





Warm up for making sound and getting comfortable with the space.

- Invite participants to find a comfortable place for them in the work area.
- Give 1-2 min to relax and connect with their breath and surroundings
- Invite them to slowly start exploring sounds that their bodies and voices are
- Encourage the participants to start making more sound (either with voice or bodies).
- Ask the participants to start moving around and interact with each other.
- Make sure to mention that they are free to stay silent and not move as well.
- Let this go on for 5-10 min constantly joining in and encouraging the participants.
- When there is an appropriate moment of silence bring the participants into a circle to explain the upcoming exercise.

Soundscape circle introduction

- There will be two groups of people. One in the middle of a circle and the other will be the circle. The people in the middle will be listening to the sounds the people on the outside are making. Make sure to ask if everyone understood the exercise.
- Explain to the people who will be making the sounds to try and listen to each other as well and try to build a soundscape together. Moments of silence are also very encouraged.
- Tell the participants that they are invited to enter the circle (the amount of people in the middle will depend on the number of participants. With 15 people 5 at a time would go in the middle).
- There is no specific order in which the participants enter the circle. Once they feel ready, they enter the circle and wait until there are 5 total participants.
- They can move within the circle carefully as not to injure each other; they are free to touch each other or themselves but they are not to open their eyes until the end
- Once the participants are in place the facilitators set a timer and give a signal for the participants that the exercise has begun (In our case the time was set for 7
- Once the signal has been given the facilitators encourage and join the participants in making various sounds with their voice and bodies for the participants in the
- Make sure to pay attention to what is going on around and keep an eye on the
- Make sure to pay differentiate to what is going on dround that keep an eye of the participants in the middle, especially if they are moving a lot.
 Make sure to properly convey that after the signal has been given to end the exercise the participants still have 1-2 min to wind down and ground themselves, so as they don't immediately get up and leave the middle of the circle.
- After the exercise has concluded the participants in the middle will take their time to get ready to leave the middle and the cycle begins again. 5 new participants will enter the circle whenever they feel like it and all of this will be done without talking.

Soundscape circle tips

- Make sure to always pay attention to what the group is doing and try to go with the flow.
- People might go in the circle to get closer to others, switch places or bring other items to make sounds with and that is completely fine
- Always keep an eye out for your partner facilitators and if you feel like adjusting something (making things louder or more silent, going more rhythmically or harmonizing) feel free to do so.