

Physical Centering

Purpose

To bring a relaxed state of attention to the moment.

When to Use

Before, during and after meetings as a foundational practice.

Description

Author and Master Somatic Coach, Victoria Castle taught me a simple two-step method for body centering. Try this while standing.

1. *Attend:* Notice your physical sensations. What do you notice about the depth of your breathing, body temperature, and heart rate? What are you conscious about regarding your posture, distribution of your weight, facial expression in this moment? Where in your body are you holding tension?
2. *Adjust:* Inhale and exhale slowly and deeply so that your stomach expands with each breath. Relax your muscles, letting your weight rest on your hips, legs and feet instead of holding it in your neck and shoulders. Let your facial muscles, particularly your jaw muscle relax. Once relaxed, assume a taller, wider stance, allowing your head to extend upward and your feet to spread shoulder width. Feel your feet on the floor and notice the vertical horizontal space you occupy.