

HAND TO HAND ATTUNEMENT

LET'S WORK TOGETHER TO HOLD AN OBJECT UP BETWEEN OUR HANDS OR FINGERS AND NOT LET IT FALL.

We will need to synchronise our movements and attune to one another. What object feels right to hold between us? A big gym ball? A sports ball? A cushion? A balloon? A pencil? Let's try moving the object around. What is that like for you? As you move together, notice if one person is leading or if the movement initiation is swapping between you. Play around with this. When you become accomplished, add another object so you are using both of your hands to hold up two objects between you. What does it feel like to be in synch with another person?

