

## Module III-2

### GUIDING DYNAMIC RELAXATION LEVEL 1

If the exercise is **based on an IRTER format (Inhale – Retain – Tense – Exhale – Relax)**, you can use the same vocabulary than for SND:

Breathe in/inhale

Hold your breath

(Gently) tense/contract

Breathe out/exhale

Relax

If the exercise is **not based on an IRTER format**, it is useful to encourage a natural breathing flow/rhythm eg 'your breath flowing gently in and out', 'keep your breath soft and easy', 'allow/let your breath follow its natural rhythm' ...

In these exercises the movement follows the breath, and the emphasis is on individual freedom, on adapting the exercise to our own breathing rhythm:

For example:

#### **FOREARMS (exercice des avant-bras)**

Following your breath, as you breathe in gently bring your hands up towards the shoulders and as you breathe out let them float/move back down again ... continue at your own pace moving the hands and forearms in synchrony with your breath ...

#### **ROTATING MOVEMENT (rotation axiale)**

Start to turn your hips from one side to the other/from left to right, keeping the arms loose at your sides, and breathing naturally all the while ...

You can keep the movement small and slow or build up a little momentum, allowing the arms to fly out and around your body ...

Then you can let the movement slow down, gradually, as if by itself, until coming back to a standstill once more.

For **IRTER** exercises – eg Target or Side Stretch – the movement is generally done three times so you'll need to use **first, second, third** – or you can say the last time if that is easier.

NB: you may want to invite people to do the last movement '**at your own pace**' or '**in your own time**'.