

Time: 15 minutes

Set up (1-2 minutes)

- **Sit Comfortably** with your feet flat on the ground. Rest your hands on your thighs or in your lap.
- Connect the vibrating device.
- Place them outside the window. Ask them to express how you feel. (start the timer)

Test the device (1 minute)

- Vibration at 10th second.
- Vibration at 30th second.
- Vibration at 42nd second.

(vibration 5 seconds)

Fill in a body map (1-2 minutes)

- Express visually what you felt in your leg since we connected the device to you.

Feldenkrais exercise for sensitising (3-4 minutes)

Seems more reductive - when put in context would start getting holistic

Initial Relaxation (15 seconds)

- Take a moment to sit and focus on your breathing for a bit.

Pelvic Tilts (45 seconds)

- While sitting, gently tilt your pelvis forward (arch your lower back) and then backwards (round your lower back). Imagine you are creating a gentle rocking motion from your pelvis.
- As you tilt forward, press your feet slightly into the ground.

- When you tilt backwards, feel the lift of your sit bones and engage your belly muscles gently.

Knee Lifts (45 seconds)

- While seated, gently lift one knee toward your chest, keeping the other foot on the ground. Feel the action in your hip and thigh as you lift your knee.
- Lower your knee back down and switch to the other leg.

Ankle Circles (45 seconds)

- While keeping your feet flat on the ground, lift one foot slightly and begin to make slow circles with your ankle. Circle one foot clockwise while circling the other foot counterclockwise.
- Imagine you're guiding your foot through the circular motion, feeling the mobility and coordination in your ankles and lower legs.

Final Relaxation and observation (30 seconds)

- Place both feet flat on the ground and let go of any tension. Stand still and relax in your chair.
- Observe how your legs and hips feel after these movements. Pay attention to any sensations or changes in awareness.

Test the device (1 minute)

- Vibration at 8th second.
- Vibration at 25th second.
- Vibration at 50nd second.

(vibration 5 seconds)

Fill in a body map (1-2 minutes)

- Express visually how you felt the vibration this time in comparison to the first time. (you can draw pictures, draw outside of your body, write - do anything)