

10-minute movement meditation script

1. Preparation (1 minute)

- Find a quiet space where you can move freely.
- Stand with your feet hip-width apart, shoulders relaxed, and arms by your sides.
- Close your eyes if you're comfortable, or keep them softly focused on a spot in front of you.

2. Grounding (1 minute)

- Take a deep breath in through your nose, feeling your belly expand.
- Exhale slowly through your mouth, letting go of any tension.
- Repeat this deep breathing for a minute, grounding yourself in the present moment.

3. Gentle Stretching (2 minutes)

- Start by gently raising your arms overhead, stretching your fingers towards the sky.
- Slowly lower your arms while bending forward, reaching towards your toes.
- Come back up, rolling your shoulders gently and taking deep breaths.

4. Fluid Movement (2 minutes)

- Begin with slow, deliberate movements such as swaying your body from side to side.
- Incorporate smooth, flowing arm movements, as if you're drawing shapes in the air.
- Let your movements be guided by your breath, inhaling as you expand and exhaling as you contract.

5. Mindful Walking (2 minutes)

- Walk slowly in place or around your space.

- Focus on the sensation of your feet touching the ground with each step.
- Pay attention to the rhythm of your breath and the natural flow of your steps.

6. Free Expression (1 minute)

- Allow yourself to move freely, incorporating any gestures or movements that feel natural.
- Express yourself without judgment or expectation, simply enjoying the movement.

7. Closing (1 minute)

- Gradually slow down your movements and come to a standstill.
- Place your hands over your heart, take a few deep breaths, and feel the calm and balance you've created.
- Slowly open your eyes (if closed) and take a moment to appreciate the sense of relaxation and presence.