

Hogging- Hogging from “Position to Flow”

The context. (5 min) This exercise explores using the body to lead and initiate a shift from holding a position that block's or limits to flow.

So take a moment now, and consider these questions?

- *What position do I hold that blocks my flow?*
- *What prevents me from letting go?*
- *Where or from whom did I learn my favorite blocking routine?*
- *What do I think I gain from holding a position and blocking?*

Presenter Share some thing personal and ask participants to share

Recap: In this exercise we are exploring holding a position and moving with your body into flow. (Any questions)

The Exercise - without using words, get a partner and decide who will be Partner A and who will be B. I will explain and model the exercise for you and then you can do it. *(We will do it in a few parts.would you come up here to demonstrate with me.)*

Part 1. (5 min) Keep you feet in one place stand and facing each other at a distance that feels comfortable and create and maintain eye contact. Model the exercise

- **Partner A.** Think of one of the questions. Get into a physical position or an attitude that you know blocks flow. Your job is hold on tight. You can do this by squeezing, tightening squint, squinting, growling **get entrenched and notice what comes up in your body**
- **Partner B.** You will mirror this position. Once you feel it slow move out of it to a more pleasurable position, **THEN** come back to it your partners position, do this 3 or 4 times noticing how your body feels going from position to flow.

Any questions. You will have 2 min and when I ring the bell you will switch. Once you have both done it. I will ring the bell we will explore further.

Part 2. (5 min) **Ask the Question** *What might my life look like if I dropped positioning* Model the exercise

- Partner A pick a position that blocks flow, ask yourself *What might my life look like if I dropped positioning?* Slow lighten up your resistance with a sort of moving out of the position but not quite.
- Partner B your job is to face your partner mirror and feel their positio and begin to move creating for yourself a pleasurable moment position that creat flow. You can include facial expressions and sounds are cool too but remember no words.

When I ring the bell you can switch. You have 2min each.

Part 3. (3 min) Standing opposite each other each create a blocking position tune into your partner, maintain eye contact, and in your mind say *“I generate flow with my body”*, say this a few times, slowly see what wants to emerge, being to, explore leading ,explore following. Remember to include your facial expression, now add sounds . Now add movement with your feet and explore and discover.

Get together with another group and share what you experienced you will have 6min.