

## **Ink Print Exercise Transcript**

Set yourself up in a relaxed and comfortable way lying down on the floor.

If you need props to be comfortable lying down that is absolutely fine; get whatever you need to set up for this exercise. If it's possible for you to be comfortable without too many props supporting you it can be interesting to feel a direct contact with the ground in as many places in the body as possible, but you do what you need to to make yourself comfortable.

Lie flat on your back with your legs extended and let your arms land where they land. You can take a couple of moments to fidget and reorganize, but then see if you can settle into a little bit of stillness. Let your eyelids gently close and take these first few breaths just to help yourself land inside your physical experience. Take a slightly fuller, softer breath if it is available, and then if you take a bigger inhale, a slightly longer and slower exhale can follow it, but don't force your breath to be deeper or bigger or slower than feels easy. Just be gentle with yourself here, allowing the breath to softly fill you up... and empty all the air out. Let your body get a little heavier into the floor.

As you continue to take your time to settle in, I want you to bring your attention to the kind of contact that your back body is making with the floor. Get a sense of globally of areas that have more contact with the floor than others. No need to fidget or change anything. Certainly there's nothing wrong here. We are just bringing our attention to the more subtle aspects of our physical experience.

Start this body scan down at your heels.

Notice the way your right heel is contacting the floor. And how is your left heel contacting the floor? And as you settle into this work of feeling the contact that you have with the floor, imagine that the back of your body, your whole back body has been dipped in ink. Let's say it's blue ink and your yoga mat on the floor underneath you is white. So as you rest here on the floor, your body's making a shape. It's making an ink print.

Coming back to your heels, see the shape of the ink print underneath the right heel and underneath the left heel. There'll be some places in your body where you're touching the floor, but only very lightly. And in that case, the color of the ink would be a light, a very light blue, and some places in your body will have more and heavier contact with the floor. And that part of the

ink print will be darker. So with the awareness at your heels, notice if there's an area that has heavier contact and the ink print is darker and areas that have lighter contact and lighter color ink print.

Now we will travel from the heels up through the Achilles tendons, which might have a little bit of white space up into the calves. Notice the color of the ink and the size of the ink print and the shape of the ink print underneath your right calf and your left calf.

Continue to travel up with your awareness into the backs of the knees, likely some white space there, and then as you travel up from the back of the knees into the backs of the thighs, notice what the contact is like. Is there a contact at all? Where do you make contact in the back of the thighs? What color is the ink? And then keep traveling up the backs of the thighs to the back of the pelvis. Usually one of the heavier, darker parts of the ink print is under the pelvis.

See if you notice any differences between your right side and your left side of your pelvis. As you travel with your awareness from the back of the pelvis up into the lumbar spine, again, likely you will find some white space there. But notice as you travel from the lumbar into the thoracic spine and around the ribs, there might be a difference between the left and right side, or if you can even sense a kind of contact in the back, ribs to the floor as you breathe, traveling up through the thoracic spine, around the shoulder blades. And as you come up the blades out to the shoulders, do they make any contact? If so, what kind of contact? Heavy or light?

Then travel down the upper arms to the elbows, through the forearms, into the wrists, the hands and the fingers. Notice if the left arm is lying differently on the floor than the right and again, resist any urge to change or fix this to make it feel more symmetrical. See if it's possible to use your exhale just to relax into things as they are including any asymmetries that are coming up.

Bring your awareness back up through the arms to the back of the neck. The cervical spine likely has a little bit of white space under it ....and then there is the center of the back of the head...maybe it's making a blue circle or blue oval on the floor...

Then in your mind's eye, lift up out of your body so you can look down at the ink print in its entirety. See the whole shape, feel all the contact that your back body has with the support underneath you, get a sense of what that contact is like. If there are any major differences between the two sides, that's interesting information to have. Take a screenshot of your ink print as it is right now.

Let yourself continue to rest and relax. Let your mind leave the ink print visualization and bring your awareness back to your breathing.