

The deep summer days and nights are here, with the full feeling of the season settling in us and around us. Things feel longer... the passage of afternoon time, the extra bit of walking or gardening just sitting outside as the sun sets, even the stretch of ferns over the ground and leafy tree branches overhead. It's definitely the season of extending and taking things a little further, sending energy outward with the longest reach.

The season calls us to sense the wider range, open our movements to feel a little further beyond what we can physically touch, gaze out to the furthest horizon. Here's a simple traditional stretch for cultivating that sense of extension:

This stretch can be practiced in a chair, or on the ground in a seated or kneeling position. Gently close the fists and rest them in front of you – on your knees if in a chair, or on the ground slightly ahead of the knees if sitting/kneeling on the ground (thumbs face each other). Let your trunk drop forward, with the arms extended and fists supporting the weight. Turn your head to one side and reach your gaze very slightly upward to that side, inhaling. Gently lengthen that reach a little more, from the spine between the shoulder blades. Exhale to release the stretch, let your trunk unwind and drop back into a relaxed upright position. You can alternate and repeat a number of times, then finish with three deep breaths in the relaxed seated position. (feel free to email me if any questions!)

Here's a set of music we've been using for our class time, great to turn to whenever you'd like to enter a restful soundscape during the week... Enjoy! <https://youtu.be/2TDvUoZZjws?si=iKbd5S6Cpfoll-7g>



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