



Exploration 4

Think Light, Feel Light

We can impart the feeling of lightness throughout the body. Perform poses in motion. Muscles are like flower petals, opening softly and never rigid in motion, only rigid after acquiring the pose.

MY NAME IS _____

I began this exploration on (date) _____

Give a 'tick' on the list below of those that you have completed:

- DAY 1 Heavy or light?
- DAY 2 Imagination practice: Mentally expanding outwards from center of body
- DAY 3 Imagination practice: Think tall and act tall
- DAY 4 Sun Salutation practice
- DAY 5 Your 'feel light' experience

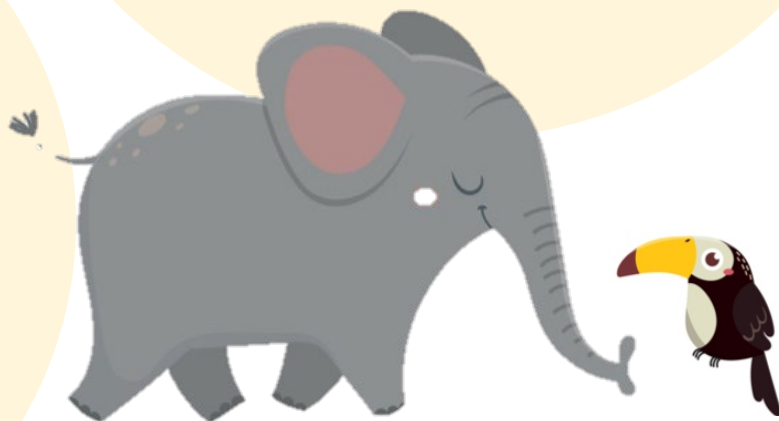
Dear Parents,

There should be a mutual understanding between parent and child on this exploration of lightness. The context is elaborated for parent(s) to guide your child into the process of self-discovery. Videos are made available as reference to guide you for better understanding and can be viewed in the members' portal. Also, join our community on the Facebook group page where parents come together to share their involvement, ideas and activities. There could be terms used throughout the exploration which may not be familiar to either one of you, however, you are free to make your own choice of words to describe the actions to improve the communication between parent and child. Enjoy the process of inclusivity, love and self-inquiry.

Day 1

Heavy or light?

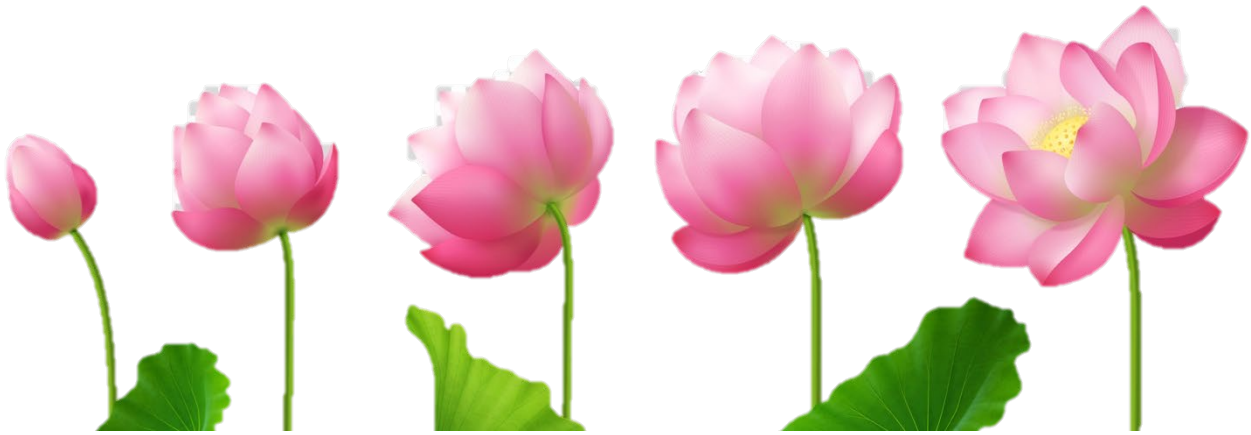
Can you identify which object is LIGHT? Circle the object that you think is LIGHT in terms of weight.





Day 2 – Imagination practice

Expanding outwards from the center of your body



Flower bud

full bloom

blossoming petal by petal

Now that you have in mind the meaning of 'light', use your imagination and let's pretend you are a flower bud blossoming to a beautiful flower.

Parent(s), you may go through the following script with your child in this session.

1. Choose your favorite flower and have it by your side.
2. Sit in a comfortable crossed-legged seated position.
3. Close your eyes and focus your attention on your breathing pattern. Notice your in-breath and out-breath. Maintain your body as relaxed as possible, feeling light in the body and calm.
4. Now, as you breathe in, imagine a flower bud that is resting at the space of your heart, slowly opening its petals, expressing itself at its own grace and pace. Blossoming with your in-breath and towards the peak of your inhalation, the flower grows to a full bloom.
5. Imagine the same flower that is in full bloom radiating its color and beautiful, natural scent spread to its surrounding, out through the pores of your skin and radiating six feet all around you.
6. As you breathe out, imagine the full-bloom flower closes its petal one at a time and resumes its shape back to a flower bud, into a closure.
7. Repeat step 2 to step 6 a few times. Each time, imagine a new flower bud blossoming to its full potential and returning to its origin.



How do you feel?

If you have a picture of your flower, paste it in this sheet. Share your experience of this imagination practice.

Day 3 – Imagination practice

Think tall and act tall

Now, let's incorporate the theory of lightness in the body



and embody the sensation of expansion from the center of your body like the blossoming of a beautiful flower



and also thinking that you are growing taller as you act tall like a growing plant or a tree



1. The tree pose is a popular pose that teaches you balance and stability. Imagine you are standing tall on your right leg. Bend your left knee and place your left foot on your right inner leg. It can be by your calf or your inner thigh. You can have a wall or your parent by your side as a support.
2. Bring your palms together on your chest as you try to balance. Keep your right foot strong and leg firm like the roots of a tree.
3. As you breathe in, imagine that you are blossoming from a bud to a full-bloom flower. Stretch your arms up towards the sky and think that you are growing taller and taller.
4. Together with your out-breath, grind your legs from pelvis down towards the earth like a tree trunk standing tall and firm as you radiate outwards from your heart center and extend upwards from your center.

How do you feel?

Share your experience of this imagination practice.

Day 4 –

Sun Salutation practice



Let's practice the sun salutation with your mummy and daddy. Think of the whole movement as flowing like a feather on its journey moving from one place to another effortlessly, without distraction. Refer to the videos in the members' portal for reference.

1. Begin from a standing position called the mountain pose. Bring your palms together and place them on your heart center.

Visualization: Imagine a flower bud at the space of your heart.

2. Breathe in, then stretch your arms up high and arch slightly back by moving your hips forward. Bend your knees slightly.
Visualization: Imagine the blossoming of the flower bud to a full bloom. The muscles of your body open up slowly like the petals of the flower, expanding and extending tall and effortlessly as you breathe in.
3. Breathe out, then fold forward as far down as you can. Relax your head, shoulders and arms as you bow down.
Visualization: Imagine the closure of the petals, resuming its space at the heart of your being. Feel your muscles relax to a closure.
4. Breathe in, then step your right leg back into a low lunge.
Visualization: Flower opening to a full bloom again as you stretch your right leg back. Feel your body weight shifting to the back and adjust your weight evenly front and back.
5. Retain at the peak of your inhalation, as you step the other leg back and into a plank.
Visualization: Young and fresh flower bud eager to explode to a full bloom. Muscles are engaged to be firm and strong here, with shoulders protracted, abdominal muscles firm, and legs firmly engaged. Bring the body to a sense of lightness as you hold the entire body firmly inwards towards the core of your being.
6. Breathe out, then lower your knees down and bend your elbows as you lower your chest and chin down on the floor.
Visualization: Slowly release the bodily muscles into an arch in your mid back and lower back where you open your chest space, releasing the muscles of your legs and establishing a good shoulder extension.
7. Breathe in, then slide forward and up to a baby cobra. Keep your chest open and shoulders are rolled back and away from the ears. Elbows are bent slightly.
Visualization: Time to blossom again as you offer through your heart into a cobra-like shape with chest open and arched back to increase spine flexibility.
8. Breathe out, then lift your pelvis and hip up into downward facing dog. Gaze at your navel.
Visualization: Closure of your abdominal region (that is, a flower bud) as you draw energy back towards the core of your body, lifting your body weight up easily through the contracted sensation inside your pelvis, while continuously stretching the upper body and lower region of the body.
9. Breathe in, then step the right leg forward in between your hands. Form the low lunge position again.
Visualization: Stretch your right leg forward as you release to a full bloom once again. Feel your body weight shifting to the front this time and adjust the weight evenly front and back. Let go of any restrictions.
10. Breathe out, then step the other leg forward to a standing forward bend. Breathe in, then round your arms up as you stand up and arch your back.
Visualization: Imagine the closure of the petals, resuming its space at the heart of your being. Feel your muscles relax to a closure.
11. Breathe out, returning to center and the starting of the sun salutation, that is, the mountain pose.
Visualization: Back to the comfort of home.
12. Repeat the same on the other side with your opposite leg. Once you have done both sides, that is considered as ONE full set. You can do as many sets as you would like.

How do you feel?

Share your experience of this practice.

Day 5 –

Your 'feel light' experience

Choose one of the poses below and share with us how you think you could feel light in the experience of that position. You can use any analogy or your imagination to experience the pose in your own journey.



VATAYANASANA



VRKSASANA



ARDHA PADMASANA



VIRABHADRASANA II



UTTHITA HASTA PADANGUSHTHASANA



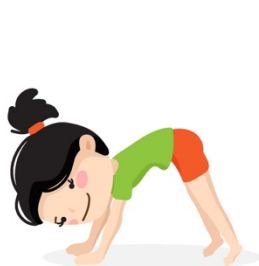
UTTHITA TRIKONASANA



DANDAYAMANA DHANURASANA



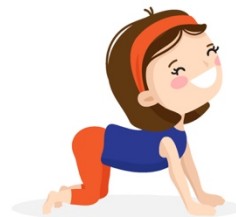
TRIKONASANA



ADHO MUKHA SAVANASANA



VIRABHADRASANA



VIVEKASANA



UTKATASANA



BHUJANGASANA



RAJAKAPOTASANA



ARDHA CHANDRASANA



NAVASANA

Tell us how you get into the position.

How did your imagination go? How did you imagine yourself feeling lightweight? Did you attempt the recommended Day 2- Expanding outwards from the center of your body practice and Day 3 – Think tall, act tall practice? How has it helped you?