**Term 5 Lesson 4**

**1.5.2022**

Welcome. Today we will work the first half on the center and it is going to be KAterina leading us, and we will have the opportunity to approach the center yet from another point of view. It is really a personal relationship: You and your center, like you and your ground.

At any moment while we are talking please feel free to ask, This term is for you, that you comment, ask and demand what you need. Please don’t feel shy to ask, and don’t feel embarrassed to have yet another explanation.

Katerina:

*Hi Guys. I would like to ask you again, how you are and if anyone would like to ask something?*

*So I would like you to digest the center a bit more. Of course it is not easy to define where the center is, but today I would like you to focus on the center as the source of life, that means the belly center. Center of the gravity and the weight and maybe try to find your own words, how to name it and find it, and what is the difference for you in the centers in the torso.*

*We will start and do the first improvisation. I would like you just to listen to your center, and find the center and to connect with it.Find it and approach it. And at the right time let the enter speak to you, let the center articulate, and let it move a bit, really move, as we do the articulation with the joints, or articulation with the spine, so I want you to do a very similar thing with the center.*

*And of course we will do it on the floor at the beginning.*

*Improv.*

*Stay where you are and I will talk just a little bit and we will continue. Try really to take this personally, maybe you have felt it already and now try to go even deeper, really try to take it personally, and try to distinguish more the difference  between moving from the center and really letting the center articulate. Right? So I want the center to articulate. We don;t want to move from it. Let us continue. And for now, I hope you have approached more and now you can really move it and let it articulate. Thank you.*

*Improv.*

*Thank you very much, it was beautiful, thank you. It is a real path to find the way to your center. So we will do it one more time. I would love to ask you, one is really to move a little bit more and respect this articulation thing, just to decide and open to really talk a little bit lighter or louder, or as you wish, and the other thing is, I would like you to recognize what you need to do in your body to articulate with your center. THe body body parts, principles in the body, just try to observe it: what do you need to do in order to let your center really articulate. One more time please. Thank you.*

*Improv.*

*Thank you it was really nice to watch you dive in, and open yourself to this topic. And I want you to talk about it, how it was for you, just anything you would like to share. Take your place, or any questions of course. But sharing is great also.*

Buse: *Thank you Katerina, and my question and sharing is. Today I didn’t really understand if I was doing it or feeling it. I am really confused about it today.*

Very good, may I just ask: What would you need to make you feel better? Let's say you had the chance to make the three improvisations again, what else would you need?

Buse: *I can say, being more brave, I was thinking too much if I am going to my patterns or should I do new things, and I was blocking myself in order not to go to my patterns, but actually I could go somewhere through my patterns but I somehow stopped it today.*

Interesting: this is what we were observing, and Katerina even said: why is Buse not really moving her pelvis and belly? So very nice and very good that you feel that Buse. Just go through your patterns. Don't push away what you know. It is always a good entry. It is not bad what you know. It is again part of your ground. What we have, we have to use and we have to recognize that, and there are days when we allow more easily, and days when we don’t allow so much. Maybe this is then a good opportunity for us to ask the question: to hell with it, and let me just do what I feel I could do, and we always need to hear it, and need a little bit of encouragement.

Katerina: *And this is why I was talking about this personal issue, this is really personal and it depends on the day, and I would like to tell you Buse that sometimes I saw that you were taking your center with you, really taking it with you and this is also an form of articulation. I understand  that you have missed this diving and articulating bit but when you are really taking it with you, it is also a type of articulating, it works, and it is ok, you were doing great. Thank you for sharing.*

Yigit: *My question is, what I observe with my body, the first song didn’t resonate with my pelvis to move, it felt too emotional and my pelvis just wanted to stay, as if it was a rock and you cannot move it. and I was moving my pelvis, like my pelvis moved in order to feel something inside, and then I realized it was heavy and I don;t want to challes this thing, and it got heavier and heavier and was rooting, and then in the next exercise I realized that it was too heavy and I want to move it. So it is emotional, then if I make a line, if I feel my chest area and make a connection then something might happen, because the sound was emotional. So then I made that imaginary line, and it got lighter and the pelvis and the connection with the spine was moving together, but it was really my pelvis speaking, but it was moving together. So it was like giving it a task and having feedback from my body. So in the third one, since I was feeling a little bit lighter in my centers, I did whatever I felt in a way. As Buse mentioned, I was in my own patterns comfortably and exploring new ways through my patterns in a way.*

Katerina: *Thank you and this is something I want to catch, and I think it means that you work really great, because this topic is typical to make you meet with your patterns, and that is why it is so personal, it is connected to our source of life, to our experience. so it is great.*

Yigit: *When I usually felt something emotional in my body, my tendency was to go grounded, like grounded in your body and experience the emotion as it is. Like it happens to be that my pelvis needed to be anchored to the ground.*

I have to admit that I did not choose very easy music. especially the first and the second, is a very challenging music, because it is not easily accessible, and both of the musics are not stimulating, so they do not directly stimulate the pelvis to move. But I choose them deliberately, so as not to generate the usual thing, and then the last one was more relaxing and approachable. I think you all did great. You know the pelvis area, or the source of life, it is where a lot of emotions happen..

Katerina: *and memories also…*

Nisan: *I felt something amazing and I want to say thank you soooooo muchhhhh!! especially for offering this point of view and insisting on things that are like keys for me, articulating the spine, being personal, and the difference between moving from the pelvis and articulating. I felt so much dynamism and I felt so much more comfortable with myself. I felt like something was generating by itself and my body was joining it. I want to talk about what I experienced more in detail but I am in a car right now but I will when I find a quiet place*

Katerina: *I want to just remind you the question about what your body needed to do in order to articulate:*

Pavla: *So it is very good for me to be here alone at home during the practice because when I want to connect to the pelvis, I feel that the passage in the throat is blocking me most of the time. Or that space in the neck. And in order to release it and have a free passage I was making a lot of noise, So it was great for me to do it, and relate the center and the periphery and allow it to release and articulate, I did a lot noises, shouting and talking, and when it released then I could articulate the center, and access it.*

Katerina: *It is really a nice way to use the body for articulation. I started to really focus on this topic, while I was pregnant and giving birth, there is a real connection between the pelvis and the throat.*

Nisan: *yes me too, when you first started to talk about articulating the spine something immediately rose up to my throat and my tongue started to move freely and I felt the connection to the tip of my spine, usually it is so hard for me to integrate my tongue.*

Elif: *Hi everyone and thank you Katerina for this view. Because of the relation of the center and pelvis, I really felt it in the center but after the first exercise, when you reminded us about the articulation, I understood that I could play with it more. The music was really challenging, there was no form, no rhythm, and it was encouraging to move all the time but not in the usual way, so in the end I found it annoying but I forced myself to stay with it. And with the third one I didn’t even need to move. But this week I am really trying to search and understand find out what is going on in the pelvis area, but without staying there, so how to balance it how the action is taken, so I am not lost in the research of what is happening, and so when you said MOVE, I ask myself so where is the motivation right, like to play with it, and this is making it interesting without being in the frustration, like I can try, and play with it. Thank you.*

Katrin: *Hello, so for me that articulation of the center is connected with the articulation of the inner muscles and the belly muscles, the pelvic floor and the diaphragm, and when I found the access to them I feel my center can articulate but at the same time I remembered our last lesson, and I was not to sure, as not to lose the ground, so it was not easy for me to stay with the ground, I liked the music, especially the second one because it was so much without form and I could have this space to experiment and experience, and when the third song started it was like oups, there is so much given, so what to do, but then I went into it and I felt my center was moving my body, but not because I was moving from the center but that it was talking. Telling her/his/it stories. THat was not and not easy.*

Katerina: *thank you , that’s amazing, that was my aim, just to let the center talk to you.*

Yes, to let the center talk is quite something, right? It is a notion needs a lot of thought because there is the superficial talk, and there is the more meaningful talk, and then the deeper talk, and it takes time to access it, and also what I could see is that it is not really obvious to dive into that source of life, that there is always something in us that is holding us back. From diving into it. We always have the tendency, of really waiting for an invitation or something to happen, or a stimulus, so that we go into it, there is always something that is refraining us from really diving into that source of life, that we have, whatever it maybe, fear…

Pavla: *yes because it is scary.. a lot of power is there, or for me it is scary, there is so much energy there…*

Yes exactly, you are right… but it is YOUR energy. And it would be a pity not to dive into it at least once in a lifetime, but of course you will dive into it as you like and we respect that, just as you will respect your clients’, but you will see that, you will recognize, when they are not diving into it, and maybe then it is the moment when you will say, maybe I should really dive into it. So that I can guide them. And allow them to understand that they can dive into it. Because in fact it is nothing unknown actually. It is you.

Eliska: *For me it is not easy to connect with the pelvis today, because the delivery is fresh experience still,I feel there is a lot of different things inside of my belly, there is really my womb is strong, there is trauma, after the delivery because it was hard experience, I feel everything in this part, and challenging me to be patient and you know… and I was only doing a part of it, and I will need more time for me today. THe power of life, I am afraid to go deep into it, I am afraid of being a real adult. It is my experience.*

Katerina: *Thank you for sharing Eliska. It is not easy. I hear it. But it takes time, itneeds time, but I think it is important to stay there even for a while, even for one song, just stay there. THank you.*

We are all growing towards adulthood.

Let us continue. I would like you to do one more of the same improv, after all the sharing and what you have heard, please dive into your cener as Katerina said, and you can do it on any level you like and in any position you want. You can travel through levels, you can continue from where you stopped, or repeat what you need, just to close this work. One more time YOUR center.

Improv.

Thank you very much.

We will continue not so far away, now you are nicely connected with your center, and with the center talking, and we will go from there back to the horizontal and the vertical. And actually I wanted us to talk about it also, in order to have your impressions of the vertical and horizontal, if we had time…like I mentioned it in the last lesson… but as we don;t have that time, I would like you to through the experience and then you can send me a message, either on your document or send me also an audio message.

I would like to transmit that the horizontal and the vertical and the in between, when we really work on it, or even master it, when we feel fine with it.. for me it means symbolically and also practically, the harmony and balance and the ultimate flexibility in the flow of life. I think that when we are able to dive into the horizontal and come back to the vertical and be conscious of the in-between we can be flexible and flow with life, and it is not a struggle for us. So this is something to strive for during a lifetime, it is not something that will happen straight away.

But I think that when we work on it in a purely physical way, then we have access to the emotional way, because the emotions happen in the body. And that is exactly what this class is about. It is more about the emotional aspect of the horizontality and the verticality and everything that is in between.

I would like to invite you to start with a prayer of what your body needs now, after all this experience of today. Just one song to access yourself, your movements, your ground, your emotions, your center, what you need, what you want, in any position or level you want. One nice dance.

Improv.

Thank you very much, that was a very nice prayer, and get up to standing position and just stand.

So, great. Please stand in your vertical, your feet under your hips, in a comfortable position, your hands just hanging alongside of your body and your head nicely sitting on the atlas and crowning your spine, your beautiful, vertical spine. Your spine in all its glory, with the curves in your neck, with your chest, your lumar and your pelvis, and your tail completing it. Just feel the space under your feet…and try to feel the space around you, the space around you so that your perception can now open to the space in front of you…and your center can connect to the space in front of you…and slowly shift that perception through your body and let it open to the space at the back of you, so that your whole back is opening to the space that is behind you, and your center is opening to the space behind you…stand still.

Now let your perception come back to your body and you will try to feel the space on your right side and open your ear, and fee the whole right side of your body and the space that is beyond it…and you slowly come back to your center and you open your left ear and your perception opens to the left side of your body… then you come back to your center, to the middle of your body of the volume, you connect to the space that is above your head, while you are staying connected to the sensation of your feet on the ground and what is beyond the ground. And let your body organize itself, don’t hold it, you may feel that there is a movement happening inside of your body, please do not resist this movement, let it happen as it happens…

when the music starts you will start going down in any way you want until you are completely on the ground. That will be your end destination. And once you get there you will go get up, stand again normally, connect to the space and then you will go down again. You will repeat this every time a little differently until the music finishes. it is up to you how you go down, but you will focus only on the direction downwards.

Improv.

Very good try. We will do it again. This time the focus is on going down, and try now to be more open to the quality that your body produces. In which emotional quality does your body want to go down, let it really come from somewhere true. And when you reach your final destination on the horizontal plane, in whatever position you may be, but it has to be horizontal, stay there for some seconds, then cut it, get up, stand again, and then listen to a new quality. if the same quality comes, repeat it.

Going down can have lots of variation, so we already know a lot of qualities in movement that can bring these variations such as reaching down, melting down, rolling down. moving down, waving down, falling down, throwing down, etc. So be open to qualities and at the same time respect the quality that comes from your body. and if you need to stay there then stay there.

Elif: *do we have to be on the spot?*

No you don’t have to be on the spot. You just have to be on the vertical and then you have to arrive at the horizontal. So use your imagination, when you get there you stay there, then you decide to get up normally and you start your journey again downwards. Really down.

Improv.

Well done. Thank you very much. Please just shake yourself a little bit.  And we will continue. It is not an easy exercise, really well done. Now we will do the exercise in the complete opposite way. You will start on the floor, and you will make your journey up until the vertical. And when you are vertical, you will let the emotion fill your body and then you will switch off and lie back on the floor. THe going down is not a dance, so you will lie down as you would do normally. And then once on the floor you will let that quality work you up, from the horizontal to the vertical. Just give yourself 30 seconds to feel Your ground and The ground and the space around you. All your directions, and your possible directions, and possible directions inside of your body. And have a good journey.

Improv.

Well done. Take a moment of quietness. We will do one last short improvisation, when you will go down till your final destination and then you will grow up to your vertical, and then you will repeat it, if you can repeat it, and if you are slow then you will do it just once, and if you are more dynamic you will make your loop and each time in a different way.

Improv.

Just finish your journey slowly. And slowly come back in front of your screens please. Thank you very much. Well done.

I know that I have challenged you a bit today, and I want to insist on the verticality and horizontality. It is a big chapter, we are approaching the cherries on the cake this term. But you will understand the benefit of it later on.

Next week we will start with your impressions of the horizontal plane and the vertical plane and the in between. What does it mean to you when you connect to the horizontal and vertical plane, and in between, the passage, these directions that we have worked on today: the going down and its variations, and what kind of an emotional impact it has on you. ANd the growing up and its variations and its emotional impact on us.

Thank you very much for your work and your presence. Please feel free to write. ANd if you don’t want to write you can make an audio recording and send it to me, either through google drive or through whatsapp.

And the best would be that you take time to write now while the experience is still fresh.

See you next week.