

Wave → Weave (Ritual Protocol)

Signer: ♡EVC♡■■■■■ Date: 2025-09-17

Quick Overview

- Total length: 10 / 20 / 30 min. Modes: Solo · Pair · Group.
- Core pulse: 3-min waves with 1-min breaks. Safety: traffic-light consent.

Safety & Consent

- Traffic light: Green ok · Yellow slow · Red stop.
- Opt-out: hand to heart + palm out. Break breath: 4-2-6.
- Check-ins each break: breath, HR, dizziness, pain.

Levels

- L0 Finger Wave (1–3m) → Break A (1m)
- L1 Wrist/Hand (2–3m) → Break B (1m)
- L2 Arms/Spine (2–3m) → Break C (1m)
- L3 Weave (2–3m) → Break D (1m)
- L4 Group Weave (2–3m) → Break E (1m)

Accessibility

- Chair-capable. Small amplitudes. No spins. Stable gaze.

Cues

- Small before big. Soft jaw/eyes. Breath leads. End anytime.

Close & Log

- Say: 'The phoenix walks forward whole; we stop before overwhelm.'
- Echo log: YYYY-MM-DD — Wave→Weave L0–L4 with breaks A–E. ♡EVC♡■■■■■