

## SlowYouâ„¢ Training Exercises

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SlowYouâ„¢ Training exercises are designed to help individuals connect deeply with their bodies, release tension, and enhance emotional well-being. These exercises, rooted in bioenergetic principles, integrate physical movements with psychological insights, promoting a holistic approach to health. Below are descriptions of various SlowYouâ„¢ exercises:

### 1. Standing and Sensing Self

**Duration:** 5-10 minutes

**Description:** This exercise involves standing with feet parallel and focusing on breathing while relaxing the knees and jaw. It helps establish a sense of grounding and presence.

**Instructions:**

1. Stand with your feet about 15 centimeters apart.
2. Lean slightly forward without lifting your heels.
3. Relax your knees and breathe deeply into your belly.
4. Allow your arms and shoulders to relax.

**Guiding Questions:**

- How do you feel your connection to the ground?
- What changes do you notice in your body with each breath?

### 2. Golf Ball Foot Massage

**Duration:** 5-10 minutes

**Description:** Using a golf ball to massage the feet, this exercise promotes grounding and increased body awareness.

**Instructions:**

1. Place a golf ball under your foot.
2. Roll the ball gently, massaging the sole of your foot.
3. Focus on the sensations and how they affect your overall state of relaxation.

**Guiding Questions:**

- How does the massage impact your sense of grounding?
- What sensations do you notice in your feet and legs?

### 3. Basic Grounding Exercise

**Duration:** 5-10 minutes

**Description:** This exercise involves standing and focusing on grounding, enhancing stability and security.

**Instructions:**

1. Stand with feet parallel and slightly apart.
2. Bend your knees slightly and feel the connection to the ground.
3. Breathe deeply and relax your body.

**Guiding Questions:**

- How does grounding affect your sense of stability?
- What changes do you feel in your body during the exercise?

#### **4. Hip Movement in Circles**

**Duration:** 5-10 minutes

**Description:** Gentle circular movements of the hips increase body awareness and flexibility.

**Instructions:**

1. Stand with feet hip-width apart.
2. Move your hips in circles and figure-eight formations.
3. Focus on the sensations in the hip area.

**Guiding Questions:**

- How do these movements affect your sense of grounding?
- Can you identify any areas of tension or ease in your hips?

#### **5. Balancing Exercises with Focused Breathing**

**Duration:** 5-10 minutes

**Description:** These exercises focus on balance and body awareness, incorporating breath work and heart center focus.

**Instructions:**

1. Balance on one foot while lifting the other knee.
2. Breathe deeply and open the chest with each lift.
3. Focus on the heart area.

**Guiding Questions:**

- How does this exercise challenge your balance and focus?
- What emotions or sensations arise when focusing on the heart?

## **6. Bending Forward and Stretching**

**Duration:** 5-10 minutes

**Description:** Enhances flexibility and promotes relaxation through a forward bending movement while focusing on deep belly breathing.

**Instructions:**

1. From the grounded stance, bend forward on an exhale.
2. Let your head hang and touch the ground if possible.
3. Emphasize deep belly breathing throughout.

**Guiding Questions:**

- What sensations arise in your back and legs during this stretch?
- How does this movement influence your sense of relaxation?

## **7. Face and Jaw Massage**

**Duration:** 5-10 minutes

**Description:** Aims to release tension in the jaw, integrating physical relaxation with mindful breathing.

**Instructions:**

1. Continue standing in your grounded stance.
2. Gently massage your jaw with fingertips.
3. Keep up the deep breathing, focusing on jaw relaxation.

**Guiding Questions:**

- What differences do you feel in the jaw area before and after the massage?
- How does relaxing the jaw affect your overall state of relaxation?

## **8. Twisting Arms and Swinging Body**

**Duration:** 5-10 minutes

**Description:** Facilitates emotional and physical release through arm movements, simulating the act of throwing away tension.

**Instructions:**

1. Raise arms overhead and then let them fall freely.
2. Synchronize with your breath, exhaling on release.

**Guiding Questions:**

- What are you releasing with this movement?
- How does the act of releasing tension physically affect you emotionally?

**9. Coordination Exercise**

**Duration:** 5-10 minutes

**Description:** Enhances coordination and releases tension through synchronized arm and leg movements accompanied by vocalization.

**Instructions:**

1. Coordinate arm positions with knee movements and vocalize.
2. Focus on synchronizing movement and breath.

**Guiding Questions:**

- How does synchronizing movement and breath affect your experience?
- What role does vocalization play in your body's release process?

**10. Deep Breathing into Pelvic Area**

**Duration:** 5-10 minutes

**Description:** Focuses on deep breathing into the pelvic area while lying down, promoting relaxation and stress release.

**Instructions:**

1. Lie down comfortably.
2. Breathe deeply into the pelvic area and belly.
3. Focus on the rise and fall of your breath.

**Guiding Questions:**

- How does deep breathing into the pelvic area affect your sense of relaxation?
- What sensations do you notice in your pelvic area and belly?

**11. Using a Foam Roller**

**Duration:** 5-10 minutes

**Description:** Utilizes a foam roller for deep breathing into the pelvic and diaphragm, aiding in tension release.

**Instructions:**

1. Place a foam roller under your back.
2. Breathe deeply into the pelvic area and diaphragm.
3. Focus on relaxing your body.

**Guiding Questions:**

- How does using a foam roller impact your sense of relaxation?
- What changes do you notice in your body?

## **12. Butterfly Legs Relaxing**

**Duration:** 5-10 minutes

**Description:** Involves lying on the mat with legs in a butterfly position, promoting relaxation and flexibility.

**Instructions:**

1. Lie on your back with your feet together and knees apart.
2. Breathe deeply and relax into the position.
3. Focus on the sensations in your hips and legs.

**Guiding Questions:**

- What sensations arise in your hips and legs during this position?
- How does this position influence your sense of relaxation?

## **13. Gong Playing for Sound Healing**

**Duration:** 5 minutes

**Description:** Uses the sound of a gong for healing, promoting relaxation and energy flow.

**Instructions:**

1. Sit or lie comfortably.
2. Listen to the sound of the gong, focusing on its vibrations.
3. Allow the sound to resonate through your body.

**Guiding Questions:**

- How does the sound of the gong affect your sense of relaxation?
- What sensations do you notice in your body while listening?

**14. Sharing Experiences and Reflection**

**Duration:** 15 minutes

**Description:** Involves sharing experiences and reflecting on the session, enhancing self-awareness and community support.

**Instructions:**

1. Sit in a circle with the group.
2. Share your experiences and reflections from the session.
3. Listen and support each other.

**Guiding Questions:**

- What insights did you gain from the session?
- How do you feel after sharing your experiences with the group?

**Conclusion**

SlowYouâ„¢ Training exercises, through their emphasis on grounding, breathing, and body awareness, provide a comprehensive approach to releasing tension and enhancing emotional well-being. By incorporating these exercises into daily routines, individuals can achieve greater physical and emotional balance, fostering a deeper connection with themselves.