

## Centering Exercise 1

**Benefits:** Increases awareness of where the middle of your body is – which helps you be more balanced

when you move, do yoga and walk. It also has an emotional-experiential effect of helping you *feel* centered, calm and emotionally balanced.

**Warms you up for:**  
Balancing exercises,  
calming routines.

**Try doing at the same time:**  
Core Breathing

**Best Breathing Theme:**  
Number 11 – Moving  
with the breath.

**Start** standing in mountain pose. Take some time to line yourself up well for mountain pose. Then take a little more time to breathe and relax into place. (Feel your body settling into place and relaxing each time you let go of your breath. See Breathing Theme Number One.)

Place the palms of your hands together in Namaste / Prayer position. This is not for ceremonial or symbolic reasons, but is for a very practical purpose, as you'll start to notice as you do the exercise.

Make sure there is even pressure on both hands.

Don't *push* your palms toward each other. Let them *rest* against one another, evenly.

**Tip** This even pressure between your hands will help you discover that feeling of centeredness as you do this exercise.

Draw your thumbs **up** the center line of your body – along the center of your chest, where your heart is, along the middle of your chin, along the middle of your lips, along the tip and then the center of your nose. Finally, up the center of your forehead, until the bottom of your hands are in touch with the top of your forehead.

**Do this while breathing in.**

**While breathing out: reverse your movements.**

Have your thumbs stay in contact with your body as much as possible. This will help you increase your awareness of where the centerline is, by feeling it.

## After several repetitions

Move your hands a few inches away from your body.

- ? Looking straight ahead, do the exercise again, only not touching your body.
- Have your hands go straight up and down.
- ? Keep the even pressure on your hands.

**Go slowly, to give yourself time to experience any sense of centering that might happen.**

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Try following this exercise with our special routine for centering and balancing. Or apply your increased awareness of the center of your body toward these poses:



**Dancer's Posture** – making sure to follow the center line up and down.



**Balance Posture** – being sure to move straight back from your center line, not to the side.



**Sun Salutations** – making movements follow the center line forward and back. Being careful not to stray off to the side.



**Back Stretch** – feeling the center of your body moving toward the crease between your legs.

**Bust Expansion** – moving your arms and hands in line with your spine.



**Rock and Rolls** – being sure to rock along the center line, along your spine, and not wobble off center.