

BODY SHAKE

1-2 minute practice to activate your sympathetic (energizing) nervous system, release stagnant energy, and stimulate circulation through gentle movement

HOW TO: Start slowly and let the shaking naturally build, allowing your body to release tension and activate energy.

- 1** **Begin with your hands** – shake them gently at your sides, letting the movement be loose and natural.
- 2** **Option: Add your arms** - let the shaking travel up your arms to your shoulders, keeping the movement fluid and easy.
- 3** **Option: Engage your whole body** - bounce gently on your feet while shaking your arms, letting the movement ripple through your torso and legs.

Continue for 1-2 minutes, then stand still and notice the sensations of aliveness, warmth, and energy flowing through your body.

