

Midnight Metabolics: Movement for the Sake of Stillness Wind Down Your Day

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| AUTHOR(S): | Yoshi Silverstein |
| SUMMARY: | In this session we'll explore embodied Jewish practices for slowing down, relaxing, and reflecting on the day that move us into the rest and restoration of nighttime stillness and quiet, including breathwork, light movement, and meditative stillness practices. |
| ABC GOALS: | <p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> • Connection between brain, body, and spirit • Sense of calm, relaxation, slowing down <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Utilize embodied practices to help mind and body relax, calm, and rest <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • How to downregulate the nervous system |
| AUDIENCE: | Cornerstone Fellows and Supervisors / Liasons |
| TIMING: | 45 min |
| APPENDICES: | |
| MATERIALS NEEDED: | Yoga/Meditation Cushions Backjack chairs Floor Pillows Blankets |
| SET-UP DETAILS: | In a spacious and aesthetically pleasing space; outside is great! Should have enough space for light movement as an option; Consider acoustics and minimal external distractions; |

SESSION TIMELINE



CORNERSTONE 2022 RESOURCE

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| 0:00-0:05 | Arrival & Grounding Practice |
| 0:05-0:15 | Orienting to body & environment |
| 0:10-0:15 | Nervous System basics |
| 0:15-0:25 | Restorative Practice |
| 0:25-0:35 | Breath & Presence |
| 0:35-0:40 | Stillness Practice > Angels Lullaby |
| 0:40-0:45 | Discussion, Reflection & Closing |

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| 0:00-0:05 | Arrival & Grounding Practice |
| 0:05-0:15 | Orienting to body & environment |
| 0:10-0:15 | Nervous System basics |
| 0:15-0:25 | Restorative Practice / Spinal Movement Rhythm & Sway Breath & Humming |
| 0:25-0:35 | Breath & Presence Angels Lullaby Frame Lulav Breathing |
| 0:35-0:40 | Stillness Practice > Angels Lullaby |
| 0:40-0:45 | Discussion, Reflection & Closing |

BRINGING IT TO YOUR CAMP:

These activities and prompts can be woven and rearranged in multiple orders and when appropriate may be utilized as short separate pieces. Be creative! Explore other adaptations and versions of the practices we used here.