

Mardi Crane-Godreau and Peter Payne
One Medical Center Dr. Lebanon, NH 03765
Phone: 603-653-9972
E-Mail: Deborah.J.Shinnlinger@dartmouth.edu
Margaret.A.Crane@dartmouth.edu or
Peter.Payne@dartmouth.edu

Gathering in

This exercises complements “Pushing Away”.

Take a good standing position, feet wider than hips. Imagine something in front of you embodying some quality you would like to bring into your life. Bring the arms up and forwards in a reaching gesture, then gather in and imagine bringing this quality in to your hearth, bringing it right into your body. Feel yourself absorb it. Let the arms sink down, then again reach forward, gather, and bring in. Move slowly, from the center, feeling the air as you move. When finished, stand easy and notice the feelings in your body.