

Balance exercise

Individual exercise

Description

The participants should try to keep their balance first in the one-leg stand and then in the standing balance, paying attention to their body tension and concentrating entirely on themselves.

Material/wall

Free room or space on mats

Therapeutical themes

Mindfulness, concentration, centre of gravity/body sensation

Key questions

Pay attention to how your body's centre of gravity changes and how far you can go. How are you doing with your body awareness?

Where are your limits? How do you notice that you are reaching your limits (physically/psychologically)?

Variations

The exercise is more difficult with eyes closed and head tilted back. In addition, the surface can be varied: e.g. mats vs. solid floor.

Another variation is to do the exercise together, with the participants standing in a circle and stretching out their arms so that each hand hovers over the shoulder of the next without touching it. The experience here is: even felt support gives security.

Tips

Insecure participants can stand next to another participant or a wall to support themselves if necessary.

It helps focusing on a point in the room to keep the balance.