

Yurtcircle

Group exercise

Description

All participants sit in a circle and hold a long, knotted rope. On command, everyone stands up together at the same time, leans back and holds each other by holding on to the rope.

Material/wall

Knotted rope, at least 1m per participant

Free space with enough space to fall, can be on mats

Key questions

How do the participants deal with the dependence on each other? Is anyone breaking out?

How much do the participants trust each other?

Variations

Different variations in ascending degree of difficulty: first get up on a command of the therapist, then without command (feel when the right time is), finally whoever wants can optionally close their eyes during the exercise.

Tips

Ensure sufficient space and "fall terrain". Make sure that the knots are secure!

If no rope is available, everyone can hold hands.