

Session 02

Body sensation and centre of gravity in the body

Material/wall

10 quickdraws or other objects
traverse with many footholds, ideally on a sloped wall

Goal of the day

Train body sensation/perception (body core and body sensation), deepen concepts of mindfulness, practice safe bouldering, continue to make own boulder experiences.

Exercises

5-4-3-2-1, Clap impulse, Warm-up, Balance exercises, Traversing with a focus on centre of gravity, Quickdraw transport, The tree

Alternative exercises: Alliteration game, Hoho Hahaha

Starting phase

00:00	Mindfulness exercise	Introduction into mindfulness: <i>mindfulness is about having one's attention fully in the here and now, and focus on being present, without judging any sensation.</i> Introduction to 5-4-3-2-1
00:10	Checking in	<i>How am I today?</i>
00:30	Group exercise	Clap impulse
00:40	Topic: Body sensation	Influence of physical activity on mood and thoughts; connection between behaviour – body – thoughts – emotions; perceiving physical sensations to perceive emotions.

Active phase

00:45	Warm-up	Warm-up in the group, group ritual optional
00:50	Group exercise	Balance exercises Importance of needing to tune into the body to not lose balance.
00:55	Bouldering exercise	Traversing with a focus on centre of gravity in smaller groups
01:10	Bouldering exercise	Quickdraw transport in smaller groups <i>Were you able to notice how you changed your centre of gravity?</i>

Final phase

01:35	Final round	<i>What are you taking with you today? What experiences have you had with mindfulness and your body awareness?</i>
01:50	Relaxation exercise	The tree

5-4-3-2-1

Therapist version

Description

This exercise is performed in a sitting position.

Find a comfortable, upright seating position. Direct your attention to what is around you.

Name (out loud or in thoughts) what you are perceiving in this moment:

5x : I see...!	→	5x : I hear...!	→	5x : I feel...!
4x : I see...!	→	4x : I hear...!	→	4x : I feel...!
3x : I see...!	→	3x : I hear...!	→	3x : I feel...!
2x : I see...!	→	2x : I hear...!	→	2x : I feel...!

Lastly

1x : I see...!	→	1x : I hear...!	→	1x : I feel...!
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Tips

It's okay to name the same perceptions/sensations over and over again!

If, for example, sounds disturb you during the phase of seeing, simply switch to hearing and integrate the sounds into your perception in this way.

If you get confused with the sequence of the exercise, this is a sign that you are doing well and relaxing particularly quickly. You can then either linger in that state or "guess" where you were and continue.

During the exercise, if you notice your eyes wanting to close, let them close! You can then either describe the specific perceptions of the closed eyes or just listen and feel.

For some, it enhances the positive effect of the exercise if they speak the perceptions aloud while hearing their own voice.

Clap impulse

Partner exercise

Description

All participants stand in a circle. One person starts and sends a 'clapping signal' to any other participant by looking at him/her, saying his/her name aloud and clapping. Important: Always make eye contact and point clearly to the recipient with the clapping hands. This is important so that the signal arrives cleanly, especially when the speed is increased later. The receiver sends the clapping signal to the next person and so on. The goal of the exercise is to get into a "flow" as a group: that is, everyone is highly attentive, but at the same time loose and relaxed. Passing on the signal happens automatically and without thinking. The fact that the flow has been achieved is shown by the fact that the clapping becomes a steady rhythm.

Material/wall

Masking tape

Free space (yoga room)

Therapeutical themes

Getting to know each other/group cohesion, concentration, communication

Key questions

Where were you with your attention? How do you feel after the exercise?

Variations

The clapping signal is not passed on to any participant, but wanders around the circle - everyone passes it on to their neighbour. This is useful as an introductory variant. However, there is a risk that the participants "switch off" after their turn and are not concentrated the whole time. In addition, the direction can be changed during double clapping, or players can "duck away".

In addition to clapping, words can also be sent, e.g. Sipp, Puff, Zapp, Pling, Tschak,...

Tips

Relaxed posture, flexible hip, slightly bend knee, open body language, do not forget to smile.

For the first round a masking tape with names can be applied, which can be removed subsequently.

Topic - Session 02

Body sensation and centre of gravity in the body

Background information

Our behaviour and thoughts have an impact on our bodies, and body sensations impact on our mood, behaviour and thoughts.

For example, during the [Clap impulse](#) we are active, focused and present – which makes us more relaxed in our bodies (deeper breathing, calmer heartbeat, parasympathetic nervous system is activated) – which influences our feelings; towards a sense of feeling more balanced and calm. (Note: negative feelings can still remain, but there is an emphasis on noticing and not judging within mindfulness).

Body sensation is important to note emotions. Body sensation is of particular importance in bouldering (esp. one's centre of gravity in the body), for example for stabilising one's position on the wall. A focus on mindful climbing is therefore more important than how far/successful one climbs. By establishing a mindful attitude and a focus on one's own strength and control it is hoped that participants take away ideas on how to be mindful of how they can perceive emotions too.

The goal of this session is to invite participant's observation and awareness of this body-emotion connection.

Key questions

How did you feel in your body/mind?

How does your body feel now?

How does your breathing feel now (deep, free?) Where are you in your thoughts (do you worry about problems?) What is your mood?

Why do I need to feel my body? (to not lose balance)

Did you sense how you can shift your centre of gravity?

Where do you feel your centre?

Learning goals

Get to know the impact of bodily activity on mood/thoughts.

Gain understanding of the connection between behaviours – body – thoughts – feelings.

Understand body perception as a necessary condition to notice emotions/feelings.

Mindfulness and openness as possibility to influence feelings positively and openly (in contrast to being focused on success and judging oneself).

Warm-up and cool-down

Individual exercise

Description

Participants are inducted to warm-up before starting to boulder and cool-down at the end.

The warm-up consists of 3 parts:

1. Cardio warm-up: starjumps, jumping jacks
2. Mobilisation: open and close fists (with arms outstretched or at an angle), wrist turns, move arms to side and flip palms up and down, move head to each side, circle arms back and forth, cat-cow pose on all fours, stretch sideways, stretch hands down to the toes while standing, twist and stretch ankles.
3. Warm-up climb: climb 3-4 easy routes below your own level to warm-up.

Cool down consists of stretches to all muscle groups that were used.

Material/wall

Free room or space on mats

Key questions

Which exercise did you like last time? How did it go?

Variations

Due to time constraints and depending on the content of the lesson, the warm-up climb may be omitted.

Tips

Increasingly involve participants to encourage initiative.

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.

Traversing with a focus on centre of gravity

Individual exercise

Description

The therapist boulders along an easy traverse and shows when and how the centre of gravity can be moved. Ideally the wall is slightly sloped so that the you can stand and let go of the hand grips. Participants can then try this traverse while paying close attention to their feet and setting them onto the boulders, move their centre of gravity carefully and use as few hand grips as possible. They should be fully focused on what they are doing.

Material/wall

Traverse with many boulders and steps, ideally on a sloped wall

Therapeutical themes

Body sensation, mindfulness

Key questions

1-to-1 coaching on the wall: *On which foot is the weight at the moment? Where is a step/grip needed? Where do you sense your own centre? etc.* (Goal: train body awareness).

Group discussion after the exercise: *How well were you able to focus on the task?* (Goal: recognize mindful behaviour as requirement for reaching goals).

Variations

Boulder the traverse without use of hands.

Tips

Using questions to guide participants' attention towards focusing closely on their centre of gravity and how they sense their body in space.

Quickdraw transport

Individual exercise

Description

The aim of the exercise is to learn safe and quiet stepping while bouldering. An object is put on top of the climbing shoe (a small object like a bell or a gummibear, or a quickdraw or belay device). With this object on the shoe, participants walk around on a soft mat carefully, and try not to let it slip for their shoe. Later on, participants boulder with the object on their shoe along an easy traverse.

Material/wall

Quickdraws or other objects that can be placed on the shoes (small bell, gummibears, toys etc.)

Traverse with many holds and steps, ideally at a sloped wall

Therapeutical themes

Dealing with success/failure, expectations, body sensations, learning a new behaviour, mindfulness

Key questions

What was the key of this exercise? (It is to practice quiet and mindful stepping, however it shifts for participants towards “the object cannot be dropped”) *How do we deal with failures?* *How does it feel to focus one’s attention mostly on ones feet?* *What was tried to achieve the goal* (not putting too much weight into the leg, move slowly) *- are there equivalents to everyday life?* *Where was your attention?* (Recognising mindful and attentive actions as requirement for reaching goals/success; mindfulness and openness vs. success-orientation and self-judgement)

Variations

As a variation, participants climb with two loaded shoes instead of one, or they vary the size or type of objects.

Tips

Please make sure that the objects are placed loosely on the shoe and not fastened! They should really be able to fall off.

Guide the exercise in such a way that the aspect of the body sensation is focused (the calm and secure stepping), not the aspect that the express should not be dropped.

The tree

Therapist version

Additional tips

This exercise is done while standing. Leave enough time between paragraphs and read slowly in a meditative voice.

Description

Stand comfortably, with both feet firmly and securely on the floor. Now close your eyes and spread your arms.

Imagine that roots start growing slowly from your feet into the ground. They connect you firmly to the ground. You stand like a strong and steady tree, on a meadow.

It is a windy day and you feel the wind blowing through your branches. Let the wind blow through your branches and move your arms to it. The wind is now getting stronger and stronger and you start to move your upper body, your trunk, into the direction of the wind.

Your feet, the roots, are meanwhile firmly anchored in the ground. (indicate different wind directions-> the wind comes from the front, from the right side,...).

Now feel how the wind gradually decreases and your branches are moved only occasionally and slightly, until they are finally completely still again.

Now focus your attention on your roots. All the energy you take up from the ground with your roots flows through your trunk, through your entire body, down to the last little branch, your fingertips. Really fill up with life energy and strength! Gather this flow of energy.

When you are ready, say goodbye to your tree existence and become yourself again. You consciously breathe in and out deeply, stretch your arms and legs and are back in the here and now.