



### BEGINNING LEVEL RITUAL: PROPRIOCEPTION WARMUP

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Please be sure that you're seated in a comfortable position now (adjust if you need to). If you can, close your eyes, and breathe naturally (if closing your eyes causes them to flutter, open them slightly and cast your gaze downward). See if you can notice contact between your body and the support (chair or floor) behind you and beneath you. Locate your feet and feel the contact with what's beneath them (socks, soles of the shoes, layers of material, all the way down to the earth's surface). Now see if you can notice the gravitational pull between your body and the earth. What's it like for you to notice any or all this support around you? Now, jot down your experience here or make a mental note of what it's like to notice your surroundings:

What's different for you now, if anything, than what you experienced before this practice? Do you find yourself calmer or more settled? Sometimes simply noticing gravity's pull to keep us supported can help us settle.