



Sensation awakening

Santé autonome workshop

Site: <http://lebonheurespossible.net>

Translation of: <http://lecorpsaccorde.com/docs/atelier/fiche08.pdf>

Based on: *Le Corps accordé* (Andréine Bel, 2014) pages 344-350

1. Sensation awakening (*Éveil des sensations*) is an exercise providing:
 - a “warming up” of **sensations**
 - an awareness of the “terrain” triggered by one’s **listening to inner sensations** (cold/warm, tension/relaxation, movement/stillness) and their **associated needs**
 - the discovery of individual postures **most beneficial** at the moment
2. This exercise is akin to movements that we **spontaneously** accomplish when **listening to the body’s urge** to curl up, spread out, get balance imbalance, push, pull...
3. Start from a **pleasurable position** that corresponds to what one feels: open or closed, laid or “suspended”, spread or tightened.
4. Observe and locate the **most prevalent sensation** calling our attention: tension in the jaws, pressure in the head, cold in the bones, tingling of the hands...
5. Respond to the need expressed by the sensation, allowing movements that build some spontaneous postures.
6. Continue the exercise **as long the need is felt**. This allows for the terrain to be regulated. It becomes fresh, elastic, quiet.
7. A **calming** and **energizing** are observed during and after this practice.
8. You may feel like memorizing some postures to use them later in **dance, physical training, drama...**
9. The internal sensation works by itself and the body selects its postural strategies through the points of support, as well as its (active or passive) pressure, stretching and twisting.

Source: <http://lecorpsaccorde.com/docs/atelier/SensationAwakening.pdf>

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