

Core Connexion Inspiration: Anchor in the NOW - Feet By Eva Vigran

Welcome to Dancing Feet united!

Some guidelines

I will be offering some simple practices to you. You are your own expert on your body. If something does not feel right or good, don't do it. Do what feels good to you.

This is supposed to inspire you.

Here is our first video about anchoring in the now, grounding.

We all need more grounding in these chaotic times...

Setting your intention

Setting an intention for your dance can help you to become present and also feel connected, interconnected (which we always are) and not isolated. Make sure to create your intention in a way that works for you and also the bigger community.

Example here:

1. ...to dance my life with loving presence, and carry this presence into my relationships and the world
2. ...may I feel safe .. may all beings feel safe.... etc

Video offering:

Anchor in the NOW - Feet

<https://youtu.be/K-xZX6L8uSk>

For this exercise you need a tennis ball, base ball, massage ball, a swim noodle or something like that.

Ground through your body sensing your feet on the floor and the force of gravity pulling your body towards the earth.

Sense your natural breath...

Pat down your body, sensing your bodily surface

Stand and swing around, orienting yourself in all directions...

Today start with your feet.

What movements can my feet make?

Let them lead you into your dance...

Music set

<https://www.mixcloud.com/eva-vigran/pilgrim-tanzreise-pilgerreise-riding-the-elephant-11-19/>

(the music set starts after 4:40 Minutes... due to some upload difficulty.)

May this inspire you too...

Jack Kornfield: Calm, Clarity, Compassion

[https://mailchi.mp/jackkornfield/welcome-930478?](https://mailchi.mp/jackkornfield/welcome-930478?e=b6336c5017&fbclid=IwAR0c6E_cIOIkL4pUFOByedaW9o7OocCrJpx52OrHi0MryK-QdNBEpA_u7zw)

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