



# WASHING MACHINE

## *Participants*

Any number of participants.

## *Time Allotment*

5 Minutes or less

## *Activity Level*

Moderate

## *Materials*

No materials required

## **Release Anxiety, Worry, or Anger. Integrate. Cleanse.**

### *Method*

**Step 1.** Stand tall and strong with your arms at your sides and your feet about hip distance apart. Rock back and forth on your feet a few times until you find a comfortable center – this is your mountain base.

**Step 2.** Keeping your feet in place, relax your knees and begin to turn your upper body from side to side. Allow your arms to be loose and floppy so that they wrap around the back and front of your body as you turn.

**Step 3.** Close your eyes and notice if there is something you would like to wash out – anger, hurt, feelings, worries? As you swing your arms from side to side, imagine you can feel those things being washed out and away from your body and down into the ground.

**Step 4.** Once clean, slow down the wash cycle and come back to mountain base. Take one long, slow inhale and exhale.

**Step 5.** Using both sets of fingertips, begin to gently tap yourself. Begin at your head and tap all the way down the front of your body. Tap all the way back up the backside of your body. Tap down each arm, beginning at the shoulders. Now, wrap your arms around yourself and tap your sides. Switch arms and do it again.

**Step 6.** End with Flying Bird Breath, inhaling slowly while raising your arms toward the sky, exhaling slowly while lowering your arms to your sides. Notice how you feel.

### *Variation(s)*

**Shake & Freeze.** This can be used in place of, or in addition to, Step 5 above. To dry off after the wash cycle, body parts are called out by the coach. Begin by calling out the head, then shoulders, arms, hips, etc. working your way down the body until the entire body is shaking and wiggling. Shout out “Freeze!” to challenge the group to bring their bodies to stillness as quickly as possible. Repeat for several rounds. For extra fun, try playing music to shake off and dry, and stopping the music as the signal to freeze.