

## Antoinette Helbing – The Low Flow

I give a contemporary exercise based class, where I share my daily physical practice and propose an entrance into a physical and mental state of availability. The class is built on three ground pillars - the simultaneous waking up of the body and mind aiming for a state of readiness and availability – the strengthening and lengthening the full body - the research of the floor as a power engine. I'm working with simple and well known movement material to enable the participants to dive into their bodies and to give space for own research/investigations.

The class is built up in three parts:

1. The shaking

A minimum of 15 minutes long guided shaking practice. The shaking will increase the body temperature and the blood flow. This results in an increased flow of synovial fluid which allows the joints to move freely. Also the fascia gets a raised blood supply which makes it more relaxed, leading towards a more pliable and free body. The repetitive and persisting movement invites to let go of all tension and the mind can settle and come down to the present moment.

2. The Lengthening/Strengthening

A sequence of simple and well known movements (borrowed from for example yoga practice) that are alternately lengthening and strengthening the full body. The first round is performed very slow and controlled. The second round is a dynamic version. This practice enhances the energy flow and will leave the body in a state of readiness.

3. The floor work

The last part of the class is built on floor work related phrases. Most of them are rather functional, a few have a more decorative nature. Some are built around the pure fun of movement, others work consequently with certain movement concepts (for example spirals). They all have in common that they either are happening on the floor or that they are going in and out of the floor. I often apply the principle of the sequential order of body parts in order to find a natural flow of movement and to use only the amount of energy that is really needed to execute a movement. I'll encourage to research spiraling as a way of moving in and out and across the floor efficiently and softly.