

Into the Garden of Dreams

Pathway 6: Full moons

Stand with your feet slightly apart. Put your palms together in front of your legs, with your fingers pointing down.

Keep your hands together, and raise them high above your head, so that your arms are stretched. Look up at your hands.

Turn your palms to face outwards and separate your hands, circling them down to either side, and back to their starting position.

Imagine you are drawing a large full moon shape with your hands. Repeat.

Breathe in as you raise your hands. Hold your breath, with your hands stretched above your head. Breathe out slowly as you lower your hands down to your sides.

(for children familiar with the movement ask them to repeat the following while they move their arms and hands)

- ‘Anything I do will need me to focus’ (palms together in front)
- ‘It can help if I reach up into my imagination’ (hands stretched up above your head)
- ‘I can reach out beyond myself to talk and listen with others’ (hands straight out to the sides)
- ‘I know that I can always come back to me’ (palms together again).

Repeat the circle movement again, and say the following together:

- ‘Life is about being involved’ (reach up)
- ‘It needs me to offer my own ideas’ (reach out to the sides)
- ‘It is about taking on different roles’ (bring hands down)
- ‘I will always be safe’ (palms together).