

Rolling Through My First Seminar

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Sunday, 01 February 2004

Last Updated Thursday, 14 September 2006

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As a new student, I intellectually understand the importance of relaxing to connect and blend with my partner so that our interaction takes place from our centers. However, my body has not jumped on board with this concept and likes to tense at the slightest provocation. I am usually unaware that I have tensed up until someone graciously points it out. My first seminar began to open a door for my body to sense tension and how to relax while maintaining a connection. During the seminar we practiced several things that focused on relaxing to maintain contact, but one exercise really helped me to identify tension, relaxed slow rolling. We started the roll on our knees with a shoulder touching the ground. As we slowly rolled over, when we encountered a place of tension, we were to relax into the roll striving to maintain contact with the mat. This exercise allowed me to feel places that needed to soften. I had now learned a way to sense tension for myself and new way to practice maintaining a relaxed state while in motion. I do a few relaxed slow rolls before class starts and try to keep the relaxed feeling with me during the class. I still have a long, long way to go to stay relaxed in class, but my ability to sense tension is better by a little and to me that is a lot.