

## Explore Connection Through Movement

### Instructor Script for Human to Human demo

1. "Please bring yourself into the present moment and scan down your body, do you feel your feet firmly on the ground?"
2. "Now stand in front of [*the group facing at an angle between the group and*] me." (Approach until you see a reaction)
3. Rock back and sigh then ask "what affect did that have on your body?"
4. Lean in holding your breath then ask "what affect does this have on your body?"
5. "This is the layer of connection and is a crescendo of 'one' on the degree of connection dial."
6. Rock back and forth a few times and ask "what affect is this having on your body?" Then state "This is a crescendo of two on the degree of connection dial."
7. With energy and enthusiasm arc around the front of the client (holding the boundary devise in the hand away from the client/horse and in the neutral position) to the other side, stop and then ask "what affect does this have on your body?" and say "This is a crescendo of three on the degree of connection dial."
8. Arc back around to the other side and state that "this is a crescendo of four." (move the boundary device to the outside hand)
9. "Now I will demonstrate a crescendo of five, using more energy and adding some movement of the boundary device behind the person."
10. As the person moves forward sigh audibly, convey connection with a positive verbal and nonverbal interaction. (smile, thank you, good girl)
11. Now have the clients practice with an instructor or with each other. No processing or feedback necessary.