






Ice Breaker – Waking up the body

 TIME	10 - 15 minutes
 No.	Adaptable for any number of participants
 MATERIALS	<ul style="list-style-type: none"> • Space
 OBJECTIVES	<ul style="list-style-type: none"> • Icebreaker exercise to activate body
 INSTRUCTION S STEP BY STEP	<p>Stand in a circle. The first person designates a part of the body they wish to wake up and proposes a simple and repetitive movement. For example, they say “the wrists” and turn their wrists. Other people imitate this movement. Then, when they are finished, they look to the person to their right, or say the name of a participant, who in turn suggests waking up another body part. Repeat the experience until all participants have passed. This activity is ideal for starting a training session. Accompany it with soft music. We recommend:</p> <ul style="list-style-type: none"> - Tzen Tze Re Rei - Loli Cosmica - Rezo - Giselle World - OCNO - Didgerihang



DISCUSSIONS

- Not applicable



HINTS

- Not applicable



THIS
ACTIVITY
ONLINE

- Not applicable



THEORY

- Not applicable

