

Christopher Harrison's AntiGravity®

Just Kids 1 & 2 Teacher Training

EYE OF THE STORM ACTIVITY

Day 1: Make a circle. Make eye contact with another person. Switch places.

Day 2: Progress to one person in the middle. Now the stakes are higher. Eye contact is still made with someone in the circle middle person tries to steal a spot.

Day 3: Increase Tempo and grounded agility as trainees begin to feel movement in harmony.

Day 4: Experience the EYE as magic, fun and beauty unfold the movement becomes grounded in flow, grace, ease, speed and agility.

Rules

1. Have FUN
2. Once one makes eye contact with another you must advance.
3. Advance to exact positions.
4. Get there safely; immediate, grounded and light.
5. Use Economy of Motion

Purpose: Wake Up:) eye contact, playfulness, grace, calm, quick grounded agility of movement, maintain safe community. Instructor has potential to literally learn/feel what it is like to move in harmony, be the eye of the storm when one encounters the energy of children and the need to be swift for safety. By Day 4 ultimately every position/place becomes HOME.

Fine Tunes: intuition, proprioception and peripheral vision, awareness, intention and overall focus