



Rhythm2Recovery Guided Mindfulness Exercise

Somatic Grounding



INTRODUCING A R2R MINDFULNESS EXERCISE

Most R2R Mindfulness exercises start by replicating the tempo of the everyday on the drum accompanied by a dialogue of association. "Let's play the rhythm of our day up until now as we go about our lives, getting things done, and then slowly let's come into the present, leave the outside world behind and slow our rhythm down".

Gradually the tempo is reduced to the desired rate of 60-80bpm, at which time the guided instructions begin, with an initial focus on paying attention to the Bass Pulse, Relaxing the body and Aligning the breath – slowing & deepening.

Then the focus will shift depending on the theme of the practice for the day.

All instructions are given in a soft, soothing voice and at a slow rate, with appropriate periods of silence in-between.

Somatic Grounding - Guided Script

Pause between each dot point

- *Have each person accent a single Bass pulse on their drum at a tempo of 60-80bpm*
- *Become aware of your breath and align it to the pulse - breathing slowly, deeply, relaxed and regularly - take your time to align the rhythm of your breath.*
- *If you lose your focus, that is perfectly OK - you are alert to that and can find your way back.*
- *Now joining on the Bass see if you can bring in your other hand.*
- *Make sure the Bass pulse stays slow and steady. (Facilitator demonstrate double hand Bass pulse first, then playing between the pulse on the tone - maintaining the Bass pulse at the same tempo while adding a simple fill e.g, B O O O repeat).*

Note this section is unnecessary if using frame drums.

- *Feel the pulse move through the body like a warm vibration*
- *Take your time moving both hands to the grounding pulse*
- *Now see what other parts of the body we can connect to the rhythm, starting with our feet, legs and thighs - tapping, stepping, moving in sync to the beat.*
- *Take your time and keep your breath steady, go at your own pace but maintain the Bass note slow & steady (60-80bpm)*

Note if using frame-drums you may decide to walk to the rhythm at this point.

- *Now let's involve our torso, moving up through the body - swaying, or rocking to the pulse*
- *Now relax the shoulders and let them join in and then extend this to your neck and head as your whole body synchronises to the mother pulse - one rhythm linking you, unifying, grounding, stabilising, loosening, accepting.*
- *Fade slowly away and allow a moments stillness.*

Note: you can add voice (chants) as well if people are comfortable.

- ***Adapt this script & make it your own***

CLOSING A R2R MINDFULNESS EXERCISE

At the end of each mindfulness session, after an appropriate length of silence the client/s are asked to rejoin the pulse on the drum (reconnect). Once all are reconnected the sound is brought down gradually until it disappears (Fade to nothing). Sometimes a single chime or gong can also be used as an alternative ending or final accent.

Stay still. Thank all for participating. Ask if anyone has anything they wish to share.