

Solo Rope

EXPLORATION AND RECLAMATION

Part 1: Introduction, safety, basic rope handling and how to approach this practice? 58 mins

Part 2: Guided rope ritual with prompts, suggestions and invitation to explore 48 mins

Prompts to prepare your nervous system...

What sensations tell you that you feel safe enough to begin? List a few cues your body gives you

What boundaries do you want to honor today?
Physical, emotional, energetic, or sensory boundaries
can all be included

Prompts for the ritual...

What intention are you bringing into this ritual? A word, phrase, or sensation can guide your practice?

As you breathe and move, what shifts in your body's tone, temperature, or emotional landscape?

Where does your body invite contact, pressure, or holding?
Where does it not?

After untying, what sensations or emotions remain? What does your body need now? Hydration, rest, warmth?