



Pummelling & Energizers: INSTRUCTIONS 2f

Pummelling

Pummelling is a simple energiser that works by shaking up the muscles, physical movement to unwind and focusing your attention on the body.

- Stand and relax the body
- I'll take you through the muscle groups of the body from top to toe
- We will tap and 'pummel' them to relax and refresh
- Hold out your right arm vertically, and with your left hand, make a light fist
- Using your left fist, start to pummel gently (tapping the muscles) up and down the right arm, as you hold it out
- Adjust the level of force to suit your comfort level
- Just continue to work your way up and down the arm, then the underside of the arm also
- The swap this action, to the other arm now
- Next, we tap the head muscles, so with both hands, using the finger tips, tapping the head, face, neck muscles
- Now pummelling with both fists back and forth across the chest (like beating your chest)
- Working down the front now, continue tapping lightly over the tummy area
- As we reach the upper leg muscles, the thighs, we can pummel harder, as they're bigger muscles, so pummelling the left side with the left fist and the right side with the right fist
- Work down the sides of your legs, pummelling with both fists, bending down as you go
- Then pummelling up the back of the legs, straightening up again, toward the lower back
- Over the lower back, with your hands open, using the backs of your hands tapping the kidney area
- Now the whole body has been pummelled, shake out your hands and roll your shoulders
- Just standing still now, observing the body... notice the feeling, either relaxed or energized

Other Energisers

- Stretching
- Brief exercise (such as push-ups or sit-ups)
- Engaging in something that makes you smile or laugh