

## *Experiential Exercises to Increase Awareness and Presence*

### ***Mirror Sounds***

1. Invite a friend to join you and decide who will make sounds first.
2. Stand comfortably near each other.
3. Whoever goes first starts making sounds while the other mirrors those sounds as close to simultaneously as possible.
4. Pause after a minute and notice what you're feeling.
5. Discuss what it was like to do this, including feelings and sensations when you were successful.
6. Switch roles and repeat.

You have now experienced being in and out of sync while making sounds with someone else.

Options:

1. Make a short series of sounds, then your friend mirrors those sounds, like in a call and response song. After a minute, switch roles and repeat.
2. Do either of these options with a group of friends.

### ***Mirror Sounds with Horses***

1. Your horse is loose in an enclosure.
2. Stand at a comfortable distance, close enough to hear what sounds your horse makes.
3. Mirror whatever sounds your horse makes as close to simultaneously as possible.
4. Sounds may include: exhales, snorts, sighs, footsteps, tail swishing.
5. Notice your horse's responses as you're doing this.

You have now experienced being in and out of sync with a horse at liberty.

Options:

1. In a group: set a time for each person, switch roles, and follow up with a group discussion.
2. Video this exercise with permission and review together.