

**Mentoring Moments with Jenna Zaffino**  
**8/21/10**

**Gather up the Energy! Handout**

**MIND** (making space and filling it with the "right stuff")

- 1.) Know your pieces cold.
- 2.) Have a plan. Know it and be ready to adapt it
- 3.) At the start of the class clear your mind (actor's neutral, move awareness to the center of your head) fill the room with your presence
- 4.) Hold a space of honoring your clients. Take the temperature of the class throughout
- 5.) Set your intention for yourself and the class either verbally or through movement.
- 6.) Center yourself and the class with Breath or stillness that leads into movement - see step 7
- 7.) Set the class on simmer (Make sure your own energy is high and centered)
- 8.) Present a theme or a goal. - Stay with it!
- 9.) Allow for moments of curiosity and playfulness within a movement piece. Enjoy humor.
- 10.) Offer mental challenges (coordination, rhythm changes, dynamics)
- 11.) Open a dialogue with your clients (ask questions, solicit guided feedback)
- 12.) Close the session by setting an expectation for their next class - (Your physical challenges will be more satisfying)

## **BODY**

1. Take inventory. Send an invitation with breath to the parts of your body that may need extra attention - keep track of rsvp's
2. Create warmth and lubricate the joints with fundamental movements
3. Build upon the warm up with "simple to complex" movement pieces
4. Move to the end range of ability early after the warm up to get their attention.
5. Demonstrate with clarity and "show the energy"
6. Offer enough time/repetitions to allow for learning of the pattern as well as endurance challenge
7. Keep a rhythm (or beat).
8. Use "goesintas" (transitions) to keep the flow of the movement.
9. Offer "Clarifying Moments" of offering client corrections while they are working a position/exercise
10. Direct your clients as to what they can specifically feel (versus sole focus on movement directives)
11. Know that we are all works in progress. Our clients' movement will be full of errors. Let them move and flow and experience corrections while flowing.
12. Consciously close the session with a series of movements that will calm the body, reconnect to an upright posture and offer functionality to everyday life.