

welcome to transomatics: a practice for trans and gender-non-conforming people to have some space and time to explore the relationship we have with our bodies - by which I mean, not bodies as in gendered ones, but bodies as in the physical shapes that let us exist in this world: our skin, our muscles, our bones, our breath.

Find a comfortable seated position, maybe on a cushion, the floor or on a chair, and close your eyes for a moment. Just to let your awareness sink down into your body, noticing how it feels to sit, perhaps noticing the air around you, maybe the sunlight on your skin. Take some time here just to observe what it feels like.

This practice was developed and recorded on the unceded, sovereign lands of the Wurundjeri people of the Kulin Nations. I pay my respect to the Elders of this land, past and present, and extend my allegiance to all First Nations people in their fight against the colonial project known as Australia. If, like me, you are an uninvited guest on Indigenous land, I invite you to take a moment here to consider how you support First Nations people in your day life, and where you can do more.

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before we begin, it is important to remind ourselves of the three intentions of this practice.

- safety. we are practicing in not judging our selves or our bodies. we are practicing in exploring bodily sensations. we are practicing in soft observation and experimentation.
- non-violence. nothing in this practice should hurt. all of the movement should be soft, at your own speed, to your own interpretation. remember that you are the expert on your own body.
- slow. we are practicing in mindfulness. the practice of sinking into our bodies requires moving away from our busy daily minds. when we let our mind and body sink, we can unlock and explore bodily wisdom which we may otherwise not be able to access.

if you ever reach a point that is uncomfortable for you, stop. you may choose to just lay still for a moment, pause this recording, or walk away from it all together. and if you would like to talk to me about it, you can reach out using the contact details in the description of this recording. i want to emphasise that the practice involves observing without judgement. we want to explore our bodies, just to understand this part of ourselves. we want to observe with kindness and patience.

And please know that any guidance I give is just a suggestion. Please feel free to honour whatever your body asks you to do, and take only what you want from this practice.

in this episode, we're going to explore weight transfers and balance while standing. Repeating sequences of movement, also known as a flow, helps us become in sync with the body, be present in this moment, and makes it easier embed bodily patterns and sensations into our daily lives. Having movements to focus on can slow our busy minds, and gently push all other thoughts out of the present moment. I find it especially useful when I am struggling to connect with my body to work through movement, as it allows me to feel how different parts work together, how sensations ripple through me. doing these movements slowly, intentionally and with curiosity will give you the best somatic experience in terms of feeling your body from the inside. Incorporating balance into our movements helps us really sense the centre of our body, as we feel our core work to keep us upright. The challenge of the balance is also an easy way to focus entirely on your body and this moment.

so, standing comfortably- perhaps with your feet hip width apart, and resting your arms loosely by your side, or placing one of your palms on your belly, and one on your ribs or the centre of your chest. close your eyes, and take a moment to just feel as breath flows through your body. just witnessing each inhale, each expansion of the lungs, the responsive ripples through the body as your ribs and your diaphragm make space for the air to come into the body, and the gentle deflation on the exhale. enjoy a few more rounds of breath here, just breathing naturally, and listening to the rhythm of your body as it breathes.

and then opening up your eyes again, bringing your hands to either rest on your hips, hang by your sides, or even stretching them out to either side, we will begin with gently leans from left to right. remember you can keep adjusting your body as we go, perhaps placing your feet further apart for more stability. as always, we are moving with the breath, attuning each shift. on the inhale, leaning gently to the right, letting the right side of your body hold your weight. stay here for the exhale, and then come back to centre as you breathe in again. same on the left- inhale to gently lean, placing your weight on the left foot, stay for the exhale, and come back to centre as you breathe in. explore this movement, and moving with your breath, for a few more rounds of leaning to the right, pausing for the exhale, coming back to centre as you inhale, stay standing neutrally as you breathe out, and then doing the same to the other side.

each movement is subtle, maybe imperceptible. but you can feel the internal mechanics of the body making it possible to shift weight from side to side. feeling the body from the inside out.

when you're ready, come back to the centre, come back to stillness. using the same rhythm of breath and movement, let's make the shifts a little bigger. on your inhale, step your right leg out to the side into a lunge. go as wide and as deep as feels comfortable in this movement. maybe your arms come up in front of you to aid the movement, or are on your hips. move slowly, so you can feel how your body prepares and enacts these movements. perhaps lean into your right foot a little more as you exhale, and then push off it to bring your legs back together as you inhale. stay here for your exhale, preparing for the second side. again, using your arms as aids if needed, step out your left foot as you inhale, keeping your left knee bent as you land in a lunge. stay here for the exhale, then inhale as you lean a little deeper into your left foot before pushing off to bring yourself back to centre. if this movement isn't comfortable for you, you can also bring the right leg into towards the left leg. so instead of returning to where you began standing, bringing yourself back to standing by stepping **to** the lunging leg. let's try that in the next round and you can choose which sequence is for you today.

start standing in neutral, and breathe in to step our right foot out into a lunge. exhale here. and now, bring your left leg to join the right, and straighten up. then moving to the left side, step the left leg out into a lunge, exhale here, and bring the right leg to join the left.

both methods are good, it is important to listen to your body and what it needs in this moment. pay attention to your breath, syncing each movement to the inhale and exhale. noticing your legs, feet and core and how they work to keep you balanced.

let's experiment doing the same movement, but add in a lean. so stepping out to the right on the inhale, and bring your right arm to rest on your thigh for support. your left arm sweep up and over, reaching out towards the right as you exhale. breathe in as you drop your left arm and bring your feet back together, and stand in stillness to exhale.

Same thing to the left- your left foot steps out into a lunge on the inhale and the right arms sweeps up and other, reaching to the left as you exhale. breathing in, drop the right arm and bring your feet back together, stand in stillness to exhale.

and finally, inhale and lets bring both arms up towards the sky, stretching the whole body long, creating space between the ribs and the vertebrae. with an exhale, let the whole body fold down towards the ground, crouching into a little ball. starting with your tailbone, slowly curl back up, one vertebrae at a time, the head and arms heavy. take your time with this, feel how your skin muscles and fascia stretch out along your back. keep a bend in your knees and be gentle. once you reach standing, inhale and sweep both arms up once more, palms together, perhaps going into a very gentle little upper back bend as you lean back. exhale as you bring the arms back down, and shake it out if you need.

stand still a moment, take stock of how your body feels, what sensations are running through you. and in a moment, we will start from the beginning again.

starting with slow and subtle leans from side to side, re-centering the breath to be the guide to all our movements. then, take it a little further, inhale as you step the right leg out, arms on your hips or in front of you as you lunge a little deeper. exhale here. bring the legs back together as you breathe in, take a moment to exhale and reset for the second side. then, on the inhale, step the left leg out into a lunge, exhale here, then bring the legs back together.

once more now, but with the lean. the right leg steps out, a good bend in the knee so your right arm can rest on it. the left arm sweeps up and across into a side bend. exhale in the shape, then let the arm fall and the legs come back together as you inhale. on the next inhale, same thing to the left. leg steps out, right arm sweeps up and other, we are lunging and leaning to the left and exhale here. inhale, let it fall and bring everything back together into standing.

let both arms come up, rise towards the sky and create length and space in the body as you breathe in. exhale, everything comes towards the ground, until you are crouching on the floor. now take your time, slowly slowly curl back up, noticing each part of your spine, your head is heavy and the last thing to come up. once you arrive, take a breath here, before bringing both arms up on the inhale, a gentle back bend on the inhale, release as you exhale. shall we go one last time?

begin with just the little leans from side to side, recenter the breath, keep it in your focus. when you're ready, stepping out with your right leg on the inhale, pause to exhale, bring your legs back together on the inhale. pause to exhale, then move the left leg out into a lunge as you breathe in. pause for the exhale, bring your legs back together on the inhale. pause to exhale.

now the same, but adding the side bend.

come back to centre, rise all the way up as you inhale, exhale and fold forward, crouch into a ball. slowly curl your way back to standing, breathing into your back as you go. head is the last thing to come up. finally, both arms come up to guide you into a very soft upper back bend as you inhale, exhale and release everything.