

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, or on the floor, 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 will focus on stillness. we want to explore certain shapes that are easy to sink into, and allow us to feel stretches and twists within the body. holding positions for a while also always us to relax with each breath, and to fall more deeply into shapes. we will spend most of our time together on our back. before we begin, make sure you have a cushion or bolster nearby to use in some of the shapes, and are lying comfortably on a rug or blanket.

begin by lying on your back, place your hands somewhere comfortable, by your side or on your belly or ribs so you can feel your breath flow in and out of your body. allow yourself to sink into the ground, letting the floor hold your weight. relax your muscles. with each breath out, letting your body release a little more.

on your next breath in, bring both your knees up towards your chest, maybe holding onto your knees or thighs. hug your legs into your chest, if you want to go deeper bring your head up to your knees. press into the floor, allow your spine to flatten against the ground, your tailbone hugging the ground. giving yourself a big hug, perhaps rocking from left to right and giving your lower back a gentle massage.

keeping your left leg to your chest, let your right leg stretch out again, letting the right hip open. take a few deep breaths here, relaxing deeper into the stretch. if you like, roll your left leg out a little, opening the hips even more.

when you're ready, switch legs- bringing the right leg up to your chest, the left leg stretching out. breathe deeply, relaxing into the stretch with each exhale.

and a gentle reminder here that you only go as far as is comfortable. all you want to feel is the presence of your muscles and ligaments in your body. there is no need to push your body. this is a collaboration, and conversation between you and your body- asking what your body wants to do, listening to how the body responds, taking shapes as you want and as feels good in this moment.

if you want, let both legs rest naturally for a moment now. and then when you're ready, you can bring both knees up again, and gently let both legs fall to the left side of the body. place your arms wherever is comfortable for you here- perhaps spread out either side for stability, perhaps with your left arm resting on your legs to deepen the twist. you might want to look to the right as well to include the neck in the shape. again, breathe here into the shape, stay as long as you like, and only do what is comfortable.

coming back to centre, let both legs fall to the right to stretch the second side. the twist along your core should feel like your muscles hugging your organs. this is a great shape for encouraging digestion and blood flow to your organs.

bringing both legs back to centre, you can let your legs rest naturally again. this next shape will be to open up the hips a bit more, and there are two options. you may want your extra pillow or bolster and place it beneath your hips. you can bring your knees up so your feet are standing on the ground. then, keeping your feet together, let your knees fall out to either side into a butterfly position, the soles of your feet together. the bolster will deepen the hip opening. you can decide whether you want to keep it there or not.

take your time finding what position works for you, adjust and fidget as you need. and then when you're ready you can come to stillness. breathing into your hips, feel what sensations are there, acknowledge them and let them go.

stay for just a few more breaths

before bringing your legs back together, and rolling onto your side. breathe here a moment, releasing anything that needs to be released. and then you can roll over onto your knees. let your upper body fold over your knees, your arms stretching outside in front of you. let your back stretch all along your folded knees. use your hands to press into the ground. let your tailbone reach towards the ground bending you, wrapping your body more closely against your legs and feet.

breathe into your tailbone, create space between your shoulders and neck, relax into the floor.

this is the last shape, you can continue to rest here, letting your body relax into itself.