

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 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 will explore different stretches and poses that are designed to be held for longer periods of time, so you can sink into the feelings, go a little deeper. As always, you can modify and adjust however you and your body needs in the moment. you should always feel comfortable, only challenge yourself if that's what you want right now. We will mostly be seated on the floor, with a bit of time on our knees. Make sure to pay attention to anything your body is telling you, and staying within your comfort zone.

we're going to start sitting on the floor, with our legs crosses. this doesn't have to be a pretzel, just have your knees bent and legs folded over each other however feels right for this moment. place your hands on your knees, or maybe on your belly, ribs or sternum to feel the breath as it moves in and out of the body. take a moment to let your awareness shrink into the body,

releasing yourself from the environment you're in. only noticing the subtle rise and fall of the body with each breath, perhaps hearing some of the internal movements in the body, becoming aware of the muscles supporting you as you sit.  
take some deep breaths here, relaxing a little, releasing a little, sinking into the floor a little more.

next let's have a go at loosening the spine by bringing your left arm to the opposite knee. using your right arm for support behind you, gently turn to look behind you in a twist. remembering to breathe into the sensations, feel them ripple through your body, notice what is touched by the shape.  
on your next inhale you can come back to centre, and as always I suggest taking a moment to let your awareness roam the body, and see what you can feel.

when you're ready, bring your right hand to your left knee now, and take your gaze behind you with your left arm on the floor for support. you can push into your left hand to give your spine a bit more space, perhaps to deepen the twist.  
stay here for one more breath, then come back to centre on an inhale. rest a moment, and feel what muscles, what organs, what ligaments that want to be felt.

then you can bring your knees up, with your feet standing on the ground and let your knees fall open, the soles of your feet touching in a butterfly. you can have your feet close to your body, or let them be further in front of you, depending on what kind of stretch you want. keep your hands on your knees or feet, and simply stay here a moment to sense this shape, and adjust as needed.  
and then, if you like, you can lean your upper body forward a little, with your gaze towards the floor in front of you, looking straight ahead or up. let your chest be open. keep this lean gentle, just a soft stretch for your hamstrings. really just to feel them, locate them in your body.

you can come back to an upright position and cross your legs again. bring your hands to your knees or the floor in front of you and gently let your upper body fold onto your legs, feeling the stretch in your lower back. again, only going as deep as is comfortable, breathing into the sensations, relaxing a little more with each exhale. stay here a few more moments.

when you're ready to move, you can crawl forward or shuffle around until you are on your hands and knees. once here, walk your hand further forward until you can let your lower body drop, your arms still straight, creating an arch. it's kind of like an upward dog if you are familiar with yoga, but I like to call this the seal. let your pelvis sink towards the ground, with each exhale release a little. let your body become heavy, but still press into your hands to create length. pay attention to your wrists, and push into the arches of your feet to take some weight of them if you need.

and finally, in your own time, you can walk back until you are sitting on your knees, and then fold forwards one last time, your arms stretched in front of you. your back boded over your legs, your tailbone curling towards the floor. pressing into your hands to deepen the stretch in your lower back if you like. continue to breathe here, each exhale bringing you closer to the ground.

you can stay here, roll onto your side, or onto your back for a little rest here at the end. allow your awareness to wander through your body, feeling what there is to be felt, appreciating your body for its strong and supple nature, feeling how it appreciates you for the stretch and internal massages. recenter the breath, on your next exhale, release something.