

Building Dynamic Groups



Levitation

Objective: To break the ice in a group of strangers, break down barriers in groups, or help group members get to know each other.

Directions: 10-14 people. One person lays down on floor and crosses arms on chest, closes eyes, and relaxes completely.

Other people quietly gather around close, slip hands under the person and at a silent signal lift the person up to approximately head height.

Then slowly rock the person (feet direction then head direction) 8 to 12 inches back and forth several times. Then slowly (keep rocking all the way) lower the person to the floor (should be rocked at least 12 to 15 times before reaching the floor).

Always keep the person's body level. Very gently lay the person on the floor and very quietly slip your hands out from underneath the person.

The secret to giving the levitated person a truly unique, serene experience is complete silence through the exercise.