



# MYSELF, MY BODY & MY AXIS-GROUP

Metodo Integrato Marchio-Patti®  
BY ASS. LA CITTÀ DEL SOLE



N° of pax 2-20



indoors



30 min



bodywork | drawing

## PURPOSE

SELF AWARENESS:

- mind-body balance
- awareness and knowledge of yourself
- improving one's relationship with yourself and others

## PREPARATION

- Find a quiet space where the participants can be comfortable.
- At the end of the group activity, give the space and time for everyone to process their experience and to share how they felt. Do not force anyone to share.

## \* INTRO

This is a psycho-physical relaxation and is to be done in a standing position. This type of activity is useful for the participants listen to their own needs and allows the recovery of physical and mental energy.



## STEPS

1. The facilitator with a soft, warm voice that can easily be heard by all, asks everyone to close their eyes and follow his voice: "Take a deep breath, take another one. Imagine a colour and imagine that every time you breathe in, the colour colours your body slowly. Your head, your neck, your shoulders, your arms, your hands, your chest, your abdomen, your back, your pelvis, your thighs, your knees, your legs, your feet. With the eyes closed, take a deep breath, take another one. Imagine a colour and imagine that every time you breathe in, the colour colours your body slowly. Your head, your neck, your shoulders, your arms, your hands, your chest, your abdomen, your back, your pelvis, your thighs, your knees, your legs, your feet."
2. The facilitator continues: "Imagine that every time you breathe in, calmness and peace enter your body, every time you breathe out, you let go of all the tension and tiredness"
3. Then he/she adds "Now imagine an inner line that begins at the top of your head, goes through your body and reaches the ground, right between your feet. Feel this line as a support of your body. This line is flexible and does not lose its shape. It is your axis. Observe your axis for a while: what colour is it? What is it made of? How big is it?"
4. Finally he says "Now take a deep breath. Open your eyes, take a piece of paper and try to draw your axis."



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## MATERIALS

- paper
- colors
- comfortable clothes



## REFLECTION

- How did you feel during relaxation?
- What feelings did you have when you pictured your axis?
- How do you think this activity can contribute to build resilience?

## COMMENTS

- This activity can be useful as an introduction to group activities that are based on listening, interacting and respecting each other needs.
- It can also be used as a closing activity, after a group activity that was very intense also emotionally, as it allows everyone to regain their relationship with themselves, placing a distance from the feelings and to have a more clear view of what happened.
- This activity integrates different types of activities within itself: the theory employed includes the Bioexistential Model by psychophysicologist V. Ruggieri, the Autogenic Training by psychiatrist J. H. Schultz, the Progressive Muscle Relaxation by E. Jacobson, and the Waking Dream by Desoille.