

# Namaste seated movement

## Dance and movement

15 minutes

### You will need:

An audio device

Gentle background music, such as *Hope* by The Sinis Spirit, *Nectar Drop* by DJ Drez or *Meeting of Two Oceans* by Chinmaya Dunster.

## Dementia-friendly



Gentle  
Relaxing  
Focused

These simple seated stretches take inspiration from Indian dance. They are a gentle way for people to stretch their bodies and a lovely activity to do together in a group.

### To prepare:

It is nice to accompany the movements with some gentle background music. The suggested pieces (left) all work really well.

### To begin:

Invite your group to sit comfortably in their seats with their feet flat on the floor. Spend a moment to focus on breathing deeply. Then show them how to bring the palms of their hands together in front of their breastbone, with their arms parallel to the floor. As a group, they hold this position for four deep breaths, before bowing their heads in respect as they say "Namaste".

Next ask the group to keep their hands in front of them and join their fingertips together before opening them out to stretch their hands. Do this for four breaths stretching their fingers each time they breath out, and bringing them back together flat when they breath in.

Demonstrate how to stretch your arms out to the side with your palms facing upwards, hold for four breaths, and then bring your hands back in front of your breastbone and clasp them together.

To finish this first part of the sequence your group should hold their hands forwards from the breastbone in a cupped position as though they are catching water, hold for three breaths, and then bring their cupped hands up to their face for the final three breaths.

### Next:

Explain to the group that you are going to now stretch your feet and legs. They should sit comfortably in their seat with both feet flat on the floor.

To begin the sequence, invite them to stretch their arms out in front of them with palms facing upwards. When their arms are fully extended, they should turn their hands at the wrist to face downwards. Then they should point their right foot forward with the toe touching the floor. This foot should then be lifted to stretch parallel from the knee with the toes facing the roof and, at the same time, your group should hold their fingers as though holding a string that is lifting their foot.

### Credit:

Bisakha Sarker MBE,  
developed in partnership  
with Knowsley  
Borough Council.





Finally, they should stretch the foot forward again, but this time with the heel touching the floor and their toes pointing upwards. As they do this, show them how they can move their hands so it looks like they are moving their foot with a piece of string. Invite your group to come back to resting in their seats before repeating on the left side.

**To finish:**

Invite your group to bring their hands palm to palm one final time in front of their breastbone and focus upon breathing deeply for four breaths. They should then bow their head in respect and say “Namaste”. Finally, they should lift their head back to a comfortable position and bring their hands back to their lap.

