

**MOVEMENTS IN TOUCH** are sets of movements that inspire us to make time in our day to improve our physiological state and well being as well as our cognitive and social development. The movements are useful in releasing tension built up in our neck, shoulders and back and when performed together with our loved ones, can also improve interpersonal communication.

### **The Movement and Touch Connection**

Touch and movement represent our inborn instinct to seek closeness, to discover our emotions, and to improve our connections with others and ourselves. The simplest touch –the feeling of skin grazing skin – is a first and basic communicative instinct, while movement plays a significant role in shaping our body image and self perception. Both instincts have become neglected in our hectic modern routines. For our physiological and spiritual well-being, as well as our cognitive and social development, it is vital that we make efforts to ensure that these basic instincts remain intact.

Babies need their mothers' touch to survive, children seek physical contact from their parents, and all forms of mature relationships between adults require physical touch to symbolize mutual recognition and understanding, such as a hand-shake, pat on the back, embrace, etc. to improve their health and well-being. Movement is also a life necessity and is as essential as food, sleep, and touch and particularly important in cognitive development from infancy and into adulthood.

By pursuing the connection between movement and the healing properties of touch, we contribute to building self understanding that in turn creates a positive body image, enhances our desire to increase body action, and helps produce positive interactions with others at all of life's stages, from infancy to the senior years.

### **Movements In Touch Releases Physical Discomforts**

The simple movements in Movements In Touch were developed as a guide to help alleviate physical and emotional stress brought on by daily modern routines that build tensions in our bodies, and is considered "non-exercise."

Modern life has changed human activities and habits, which concern the way we move, work and even communicate. Technical means have become the conventional form of communication and we often find ourselves estranged from physical contact and face to face conversations interacting through telephone and emails instead. We also find ourselves seated for a great part of the day that build tension in our bodies particularly in some of our muscles that are forced into a continuous contracted state. This phenomenon results in aching joints and shallow breath, which increase tension even further and can cause back, neck and shoulder pains. Other daily stresses arising from modern routines such as preparing for examinations, recitals, interviews, auditions and other events or major life-changes such as relocation also aggravate physical tensions and bring on physical pain in the back, neck and shoulder areas.

The simple movements you will learn can provide the solution to these daily bodily discomforts with a gentle approach and a loving touch, founded on our basic human instincts of movement and touch, for

improved physical and social well-being. Best of all, it doesn't involve sophisticated devices, only human intimacy.

The movements focus on opening the chest area to encourage deep breathing, and are designed to help release and relax common physical discomforts brought such as "dormant" joints by stimulating blood flow to reduce painful and confined movement. Through the movements you will experience improved posture and breathing, and strengthened abdominal and pelvic floor muscles, as well as release of back aches and pains, shoulder and neck tension.

### **Movements In Touch Highlights "Giving and Receiving"**

In addition to the physical release, through the movements, pairs establish mutual understanding and achieve harmonious movements. The concept of "giving and receiving" between partners is strengthened as they begin to find their own flexibility and balance and discover their partner's needs and limitations to form fluid and pampering results. In this way, Movements In Touch instructs us in how to release physical stresses while deepening connections with others in short meaningful "breaks" from our daily routines.

### **Touch and Movement in the early years**

Our language is rich in expressions relating to touch and intimacy: we are very close, you touch my heart, how touching, and more. For the newborn, closeness and touch are vital to his or her survival. The symbiotic relationship between the sensual phylum and the motional phylum forms the basis of a baby's sense of security, curiosity, learning, experiences and pleasure.

From the moment they draw their first breath, babies are in constant need of touch just as they are regular feedings. Research conducted in orphanages in Post World War II showed that babies died due to lack of TLC (tender loving care) despite being fed on time. Other research conducted on children and adults showed a correlation between the level of violence emerging in their adulthood to the level of warmth and touch that they were exposed to during childhood.

A mother's touch and intimacy with her baby releases certain chemicals in the baby's brain which are responsible for the sound development of the central nervous system. Some researchers maintain that touch and contact between mother and baby act as a replacement of the amniotic fluid in the womb during the pregnancy period.

Every act of movement has a direct effect on the part of the brain that receives information. As our nervous system develops, we are able to use this information to further our knowledge of the world and to recognize details in our surroundings. Sensual experiences shape our sense of perception and influence the way we think and learn. Natural curiosity, a congenital phenomenon in babies used as a primal learning foundation, needs constant adult stimulation for advancement and continued development. While the formation of a symbiotic relationship between the sensual phylum and the motional phylum teaches the child how to gradually gather knowledge about their environment, shortage of stimulation reduces curiosity, may negatively affect the baby's development, and can lead to apathy and lack of interest to their surroundings.

Caregivers, and first and foremost parents, play a major role in the enrichment of a child's experience and activity, especially where they are not able to do it themselves. This involvement must be carried out with sensitivity and in harmony with the child's development, behavior and needs.

Proper utilization of movement and activity creates a positive body image that in turn, enhances our desire to increase action. The development of a positive self image is extremely important in childhood and adolescence because this is the period that shapes an adult's personality. The sensual and intimate dialogue between baby and parent creates an essential foundation for their positive development.

### **Movements In Touch For Infants**

Movements In Touch for infants and parents was inspired from my childrearing years, when I experienced and shared with my infants a special intimacy filled with daily excitement and joy. The movements you will learn are sure to inspire both parents, and enhance sensual experiences, closeness and contact with their babies. Our fast-paced and often hectic lifestyle leaves us very limited free time for shared activities with our children that build stronger family bonds and meaningful experiences.

The movements are designed to present parents with a wide variety of movements that are aimed at providing pleasant physical sensations and development for baby, improved breathing and posture and relief of pain and tension for parents, and mutual joy and laughter, bonding opportunities and overall sense of well being and serenity.

By purposefully and spontaneously performing these movements and activities, not only do physical and emotional well-being of both parents and baby improve, a fortified platform forms within the nuclear family which in turn, directly reflects on the positive physical and mental development of the child.

Movements In Touch presents a variety of enjoyable bonding activities to deepen further this parent-baby dialogue, enriching it, and stabilizing a symbiotic relationship. In light of the above, one can see the possibility for us as humans and parents to develop vitality, curiosity, creativity, learning and pure love of life in our baby from the moment they enter our lives. This end is dependent on our knowledge of the elements and significance of movement and touch capable of enriching the lives of all who surround us.