Unstuck

A 30-minute flow for when you feel creatively stuck | Roberto Damante

Arrival · Mobility · Warm-up · Standing · Held · Relaxation · Meditation

1 ARRIVAL



Seated arrival
Notice what feels stuck. No fixing

2 MOBILITY



Rolling up and down
Rock it loose

3 MOBILITY



Cat
Exhale, round

4 MOBILITY



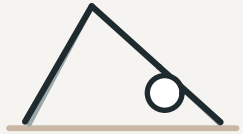
Cow
Inhale, open. Make it messy

5 MOBILITY



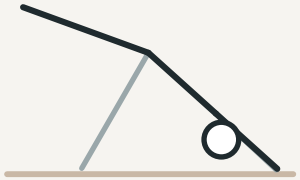
Hip circles
Big circles, both ways

6 WARM-UP



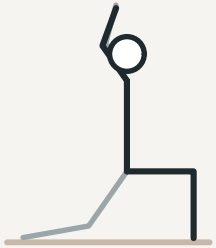
Down dog
Wander, pedal, sway

7 WARM-UP



Three-legged dog
Bend the knee, open the hip

8 STANDING



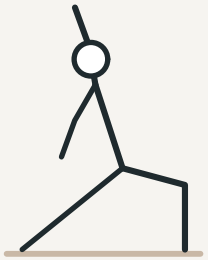
Lunge, cactus arms
4 breaths

9 STANDING



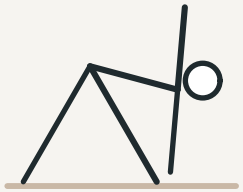
Warrior 2
5 breaths

10 STANDING



Reverse warrior
3 breaths

11 STANDING

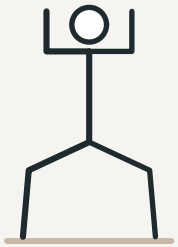


Triangle
5 breaths



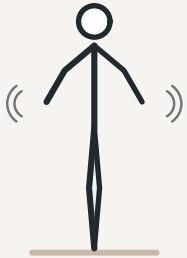
Step back to down dog. Repeat 8 to 11 on the other side

12 STANDING



Goddess
Pulse up and down

13 STANDING



Shake it out
1 min. Everything loose

How to move through it

Built for when you feel stuck, creatively or otherwise. The aim isn't good form. It's getting things moving again. Follow what feels good, take the long way round, and let it get a bit messy.

Hold standing postures for 3 to 5 breaths. Run 8 to 11 on one side, step back to down dog, then the other side. Have a pen and paper nearby for the end.

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14 STANDING



Free movement
2 min. There's no right way

15 HELD



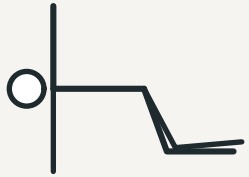
Wide-leg fold
Let the head hang

16 HELD



Happy baby
Rock side to side

17 HELD



Supine twist
30 sec each side, seen from above

18 RELAXATION



Savasana
4 min

19 MEDITATION



Closing
Write one line. Any line

The theme, and what to say

Open with: *Ideas tend to turn up when we stop gripping so hard.* In free movement, give everyone permission to look silly: *If it looks good, you're probably overthinking it.* At the end, ask everyone to write one line about anything, without reading it back. That's the practice.