

Musings Movement

March 2026 Notes

The Perks of Green

Green. The signs and symptoms of spring. Crocus'. Buds. Flip Flops and Tank Tops. Reminders of new beginnings, new starts, and perhaps, hope. Green. Also means awareness to our environment. To make less harmful (which we love). Green is associated with luck, money, refreshing, tranquil, freshness, growth, prosperity, and health.

For March, we focused on green and how it relates to revitalization and the eternal cycles of life and renewal.

We hope you find a titch of green-goodness in your life. We hope you look for the small new beginnings and, despite the world, you find hopeful spaces that contain you.

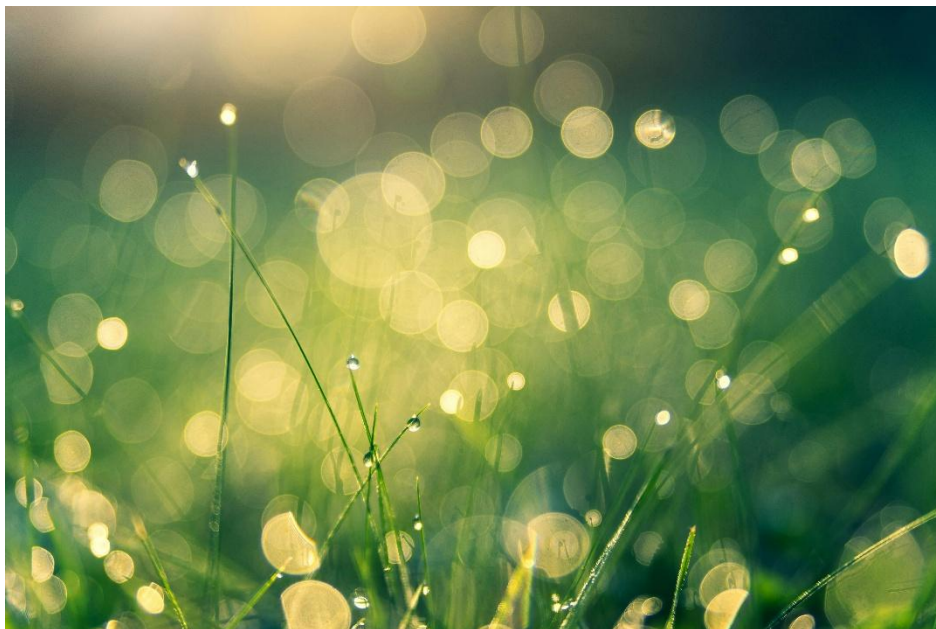


Image Credit: Johannes Plenio



The Movement Good Mornings

The Movement: Good Mornings (modified)

1. Stand with feet shoulder width apart, knees slightly bent
2. Slowly roll your body towards the ground, vertebrae by vertebrae, beginning with you neck, tucking your chin in first.
3. Once you reach as far as you can towards the floor, hold the position for 30 seconds.
4. Slowly return to upright.

NOTE: You can also do this movement in a seated position. Set your legs wider than shoulder width and allow your body to roll forward, resting your chest on your thighs (if possible). Hold at the bottom of the movement for 30 seconds and then slowly return to upright.

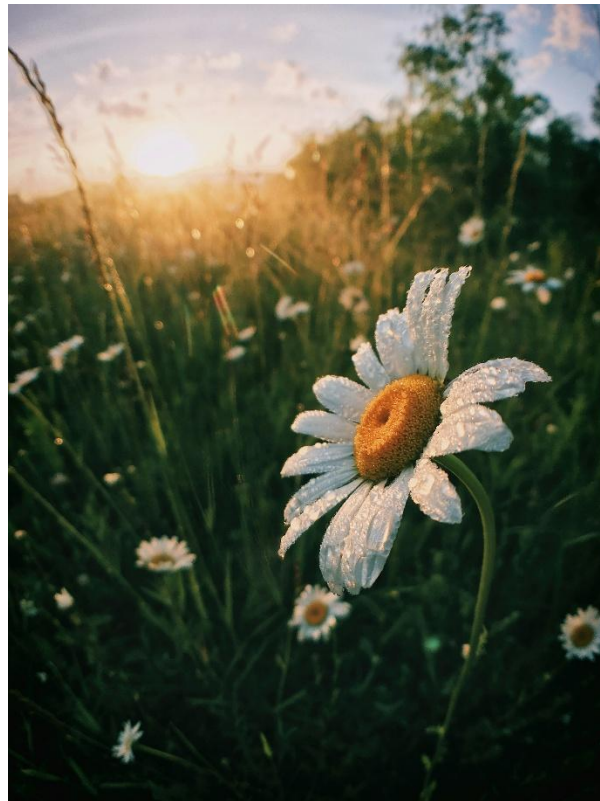


Image Credit: Aaron Burden

Here's the 8-minute Joy Workout

The Musings First Sounds and Unsounds

Writing Prompt: The use of sounds.

1. Make a list of sounds, near you and within you, i.e. your stomach growling or heart beating.
2. Make another short list of sounds further from you.
3. Now further.
4. Now list what you do not hear.
5. Note how your body, the day, the world might greet you with sound and write about it.

Note: You can also make a sound map.



Image Credit: Max Ovcharenko



The Movement Chest Opener

Read Ada Limón poem, "Instructions on Not Giving Up."

The Movement: Chest Opener with a reminder that the heart chakra is green.

- Think of leaf unfurling, like a fist to open palm.
- Do the Sukhasana Cactus Arm pose.
- Pull arms back. Hands open and palms forward.
- Tilt chin up, if comfortable.
- Open fingers wider.



Image Credit: Darius Bashar

The Musings Writing the Collective

Writing Prompt: Use final part of Limón's poem as a writing prompt.

Use as an opening line or title.

When you open your heart, what happens?

What shifts?

What else opens?



Image Credit: Stephanie Greene



The Movement Lunar Eclipse

The Movement: Lunar Eclipse/Shadow Movement

1. Tuck your body into a ball
2. Slowly open and sprawl
3. Do this movement face up or down or on each side
4. You can also do this movement seated
5. Slowly return to balled position and repeat



Image Credit: Matthew Schwartz

The Musings Shadow Release

Writing Prompt: Write about what to release into the shadows and what to reset into the light.



Image Credit: Martino Pietropoli



The Movement

Blossom Where You're Planted

Read Ross Gay's poem, "Sorry is not my name."

The Movement:

Think of your own color being green and the phrase, "Blossom where you're planted". Ground yourself.

1. Close your eyes.
2. Feel your feet on the floor.
3. The earth holds you – no matter what floor level you're standing upon.
4. Feel the connection through the soles of your feet.
5. Visualize roots from your feet entering the earth, reaching for nutrients and water.
6. Feel the earth sending nourishment back through your feet.
7. Feel yourself reaching down through your feet and into the center of the earth.
8. Feel the soil giving back to you.
9. Imagine the nutrients you need traveling up your feet, legs, hips, booty, belly, lower back, mid-back, upper back, mid-shoulders, arms, hands and fingers.
10. Feel the energy of the earth rising and ready to grow inside of you, into your shoulders, your throat, your head, your face.
11. Your entire being is filled with energy from the earth.

12. Blossom where you're planted.

How will you blossom where' you're planted?

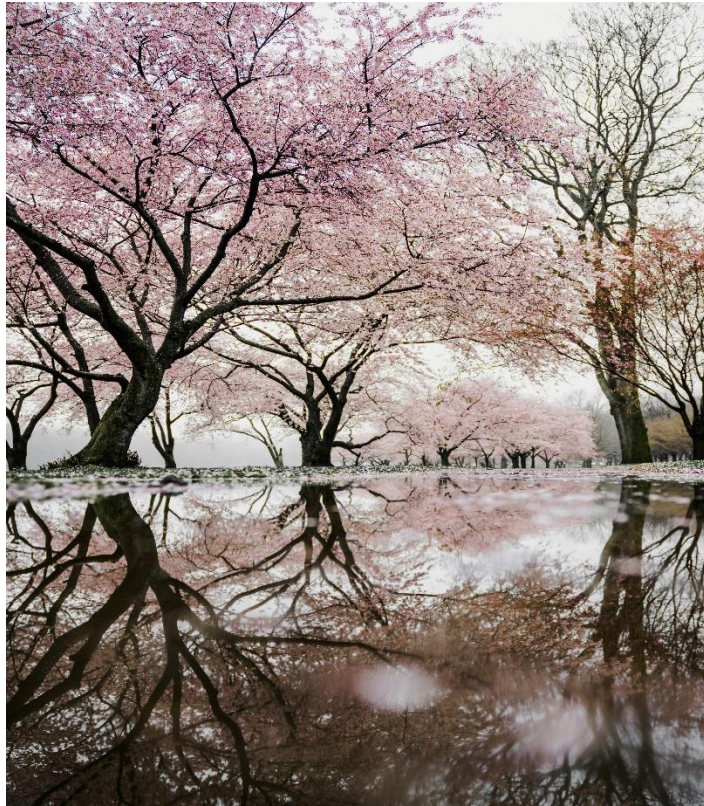


Image Credit: Redd Francisco

The Musings *Sweet Things*

Writing Prompt: Use Ross Gay's poem as your prompt. Consider the last line as an opening line or list naturally occurring sweet things in your life. Offer this as an act of gratitude and paying attention. Consider that there is nearly two million naturally occurring sweet things.



Image Credit: Myriam Zilles



Next Class

Date/Time: Tuesday, April 7th, 2026, at 10 am PST / 11 am MST / 12 pm CST / 1 pm EST.

Link:

<https://us06web.zoom.us/j/82984977207?pwd=OUJsb2xqQUwzQVdQeVdsNG9URG5pZz09>

Meeting ID: 829 8497 7207 Passcode: M&M

With much love, *Gayle & Rebecca*

[Register Here](#)