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## *The Actor Warm Down*

Instructions - A Quick Outline

### BREATHING

Take three inhales and audible exhales.

### ADD YOGA

Inhale, lift the thumbs and lift the gaze.

Audible exhale as you swan dive forward.

Inhale and step back to plank.

Audible exhale, chaturanga. (continue to audibly exhale)

Inhale, upward facing dog as you open your heart.

Exhale, downward facing dog.

Take three inhales and audible exhales here, as you continue to open your heart.

Roll your shoulders down your back.

Release your neck.

Next, inhale your right leg up to the sky.

Exhale, allowing your hip to open and ankle to fall to the side.

Inhale into your right side ribs.

Exhale.

Inhale feel the expansion

Exhale.

Inhale, and float your leg back to the sky.

Exhale, downward facing dog.

Take three inhales and audible exhales here, as you continue to open your heart.

Look forward. Walk, step or hop to bring your feet near your hands.

Standing in a forward fold, breathe into your lower back.

Shake your head no or yes to make sure your head is fully released.

Breathe into your lower back again and...

Come to stand by slowly rolling up your spine, one vertebra at a time.

Picture the vertebrae stacking one on top of the other, keeping your head heavy so it is the last thing to float up.

Repeat on the other side.

Come to a seated position and add seated twists with the same focus on opening your heart..

### MEDITATION/VISUALIZATION

Bring your feet a little less than shoulder width apart (about a fist distance apart).

Allow your eyes to close.  
Float your hands to your heart.  
Begin to visualize a safe space, real or imaginary.  
What does it look like?  
What does it sound like?  
What does it smell like?  
Feel the warmth from the sun or the room on your skin.  
Allow there to be a light breeze that begins to knock you around so that you waft and wave in the breeze with great flexibility.  
Recognize that the work of the theatre requires so much of you (preparation, vulnerability, risk taking, discipline setting boundaries...).

Pick something you did well today and honor it.  
If there was something you wish you could have done differently, that's okay.  
Take a moment to acknowledge it.  
Name it.  
And then choose to let it go.  
If you have a particular artistic goal you are working on, take a moment to check in with it and note how well you were able to accomplish it today.  
Look around your safe space, knowing that you can return to it at any time, begin by feeling the floor of this room under your feet.  
And the air of this room on your skin.  
What are the sounds of this room?  
What does this room smell like?  
As you're ready, allow your eyes to open, take in your ensemble.  
Notice five things in the room that you can see that are real.  
Tell someone (your scene partner?) they're great!

#### POWER POSE/CHECKOUT

The Ensemble joins in a circle.  
Stand in a power pose. (wide stance, open heart)  
Ask a check-out question that brings us back to who we are, as opposed to our character.

#### DANCE PARTY

If desired, dance it out!

Folks deserving credit:

- I learned the concept of the audible exhale from Faye Symson whose work I was introduced to by Katherine K. Willis.
- I learned about "wafting and waving" from Katherine Ingram during my graduate school training at the University of Central Florida. .