

WATER PLAY

Close your eyes. Center yourself.

IMAGINE YOU ARE IN WATER.

Explore & move. Play here awhile.

EXPLORE THE WATER WITHIN.

Move & play here awhile.

EXPLORE BOTH 'IN' & 'WITHIN'.

Move & play here awhile.

Gently let the waters settle
then sit quietly before
opening your eyes.

Move through, in, to and from.

Move and be moved.

Allow yourself to sway & be swayed by the gentle currents you create.

Effortless. Floating.

Follow a stream or a ripple in a vast ocean.

Abandon yourself to the waves
and spirals and undulations.

Breathe
and as the breath moves
the body moves.