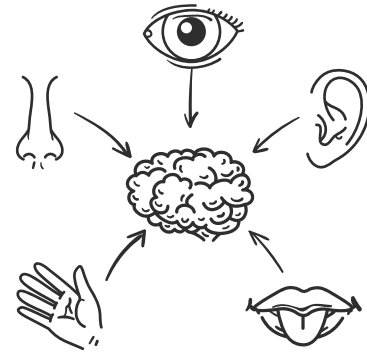




Breath, movement, touch,
hearing, and taste are portals
that connect us to the body.

Pay attention to the signals of
what your body is giving you.



Slow down and get inside your body by connecting with your senses.

1. What do you see?

2. What do you hear?

3. What do you taste?

4. What can you touch?

5. What do you smell?