

OPENING SEQUENCE

STAND at the top of your mat, arms hang loose at your sides.

STEP FORWARD and bring your toes to the mats edge; spread your feet hips-width distance apart, toes spread wide, feet flat on the floor... pressing down into the mat, *into the mud*.

CLOSE YOUR EYES.

BEND YOUR KNEES and sink down, straighten your legs and stand tall, shift your body's weight from side-to-side.

REPEAT.

Take a deep breath in, then breathe out. Continue breathing.

SEE the breath: imagine it like the wind, or like flowing water.

FEEL the breath: moving in and out of your nose, from the lungs, through the throat, out the nose.

HEAR the breath: a sound like ocean waves rolling onto the shore.

OPEN YOUR EYES.

Now step back from the edge.

SLOW DOWN AND WAIT.

