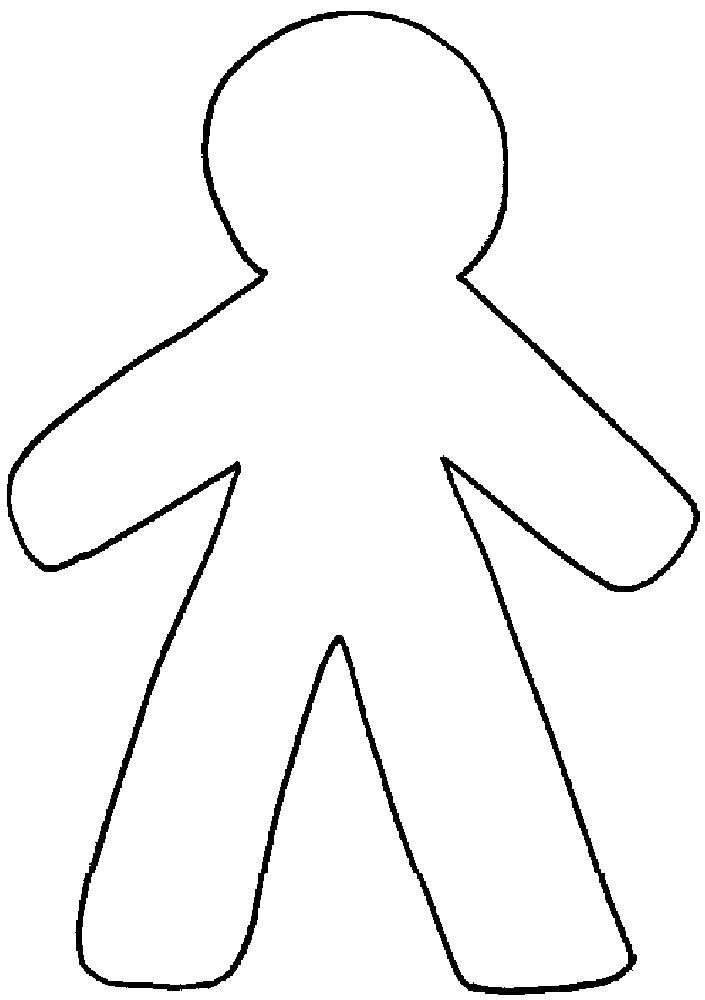
**Listen to your body**

**Pay attention to:**



**your muscles**

**your breath**

**your temperature**

**your stomach**

**your heartbeat**

How do you experience the energy in your body?

What other sensations do you notice?