Having a Taste Opens Us to Life

Stand comfortably.

1 Bring the hands to the back of the neck, one on top of the other.

Resting the hands there, let the arms have their natural weight. The elbows hang, and the head bows slightly.

2 Inhale, and then as you exhale, quickly and lightly raise the elbows and open them out to the sides, extending the head and neck.









3-5 Register that posture and experience, and then brush the hands from the neck down the torso to your sides.

Stand comfortably.

5

© copyright 1980-2004 by the Breema Center. These Self-Breema notes are for personal review use only by students. This material may not be copied in any form, distributed, or taught, except by Certified Breema Instructors or with prior written permission from The Breema Center. Breema® is a service mark of the Breema Center.

4