

# *Having a Taste Opens Us to Life*

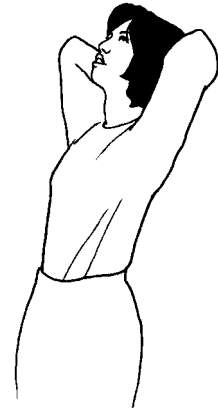
Stand comfortably.

- 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.



1



2

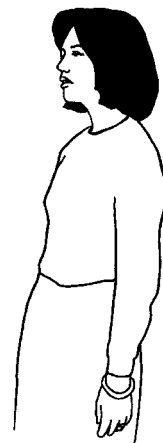
- 2 Inhale, and then as you exhale, quickly and lightly raise the elbows and open them out to the sides, extending the head and neck.



3



4



5

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

Stand comfortably.