

Maybe finding a path to enlightenment? *(with yourself, or with others)*

<p style="text-align: center;">A</p> <p>Take a moment to unravel your elbow, allowing it to spiral up (B) or down (C) depending on its gravity. From there, your wrist drips down, making space for your body to feel grounded on the earth. Like a spa day for your ankles, you bend and sway, finding an internal rhythm.</p> <p><i>Did your elbow lift? GO TO B. Did your elbow fall? GO TO C.</i></p>	<p style="text-align: center;">B</p> <p>The active elbow decides to fly around your head. It zig-zags until your hand can clasp your heart. Breathe deeply and feel the predictable rhythm of this blood-pumping organ. Follow the lines of veins down your body.</p> <p>You follow the left side? GO TO D. You follow the right side? GO TO E.</p>	<p style="text-align: center;">C</p> <p>Finding your legs in a knot, you sit or squat. Allowing your head to wave side-to-side, you follow your breath with each motion.</p> <p><i>Do you accent in? GO TO D. Do you accent out? GO TO F.</i></p>
<p style="text-align: center;">D</p> <p>Your arms wrap around your body. Your shoulders raise and lower. Rising to the balls of your feet or even jumping, you attempt to heighten your body.</p> <p><i>You stand on your toes. GO TO G. You jump. GO TO F.</i></p>	<p style="text-align: center;">E</p> <p>Taking your forehead in your palm, you bow and walk silently.</p> <p><i>Do you feel heat? GO TO H. Do you feel cold? GO TO I.</i></p>	<p style="text-align: center;">F</p> <p>Your ribs open as your chest and upper back reverberate in an up-and-down manner. You carefully raise your leg and spin it internally, stepping on that foot twice. Once repeated, one of your shoulders directs itself to the ground.</p> <p><i>You direct with your left. GO TO E. You direct with your right. GO TO G.</i></p>
<p style="text-align: center;">G</p> <p>Turning around yourself as many times as possible, you end by bringing your arms to your sides and looking to the sky.</p> <p style="text-align: center;">54 Points</p>	<p style="text-align: center;">H</p> <p>Safely lowering your body as much as you can, your head lowers and your arms raise in closure. As you find yourself closer to the ground, your legs spread slightly apart, giving your body more support. Slowly clasp your fingers upon your knee and connect your ear to your closest arm.</p> <p style="text-align: center;">95 Points</p>	<p style="text-align: center;">I</p> <p>Teetering between your legs, your arms whisk the air in front of you as your twist your hips in a circular motion. Slow down when ready.</p> <p style="text-align: center;">22 Points</p>

CREATIVE RESPONSES NECESSARY