

*“The Bare Bones”
of the Practice of Conscious Relating between 2 people.*

UNIQUENESS & BELONGING

(10 mins, eyes closed)

*“Breath to Self,
Breath to the Universe”*

CONNECTION & EQUILIBRIUM

(10 mins, soft gaze)

*“Breath to Self,
Breath to Other”*

EXPRESSION or CONVERSATION

(10 mins, soft gaze)

(Continuing Breathing in the Same Way)

“Self-Revelation”

(one by one, or as a conversation)