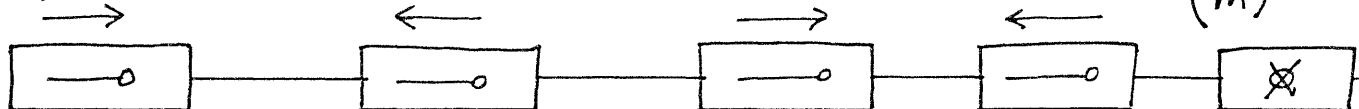


4
m

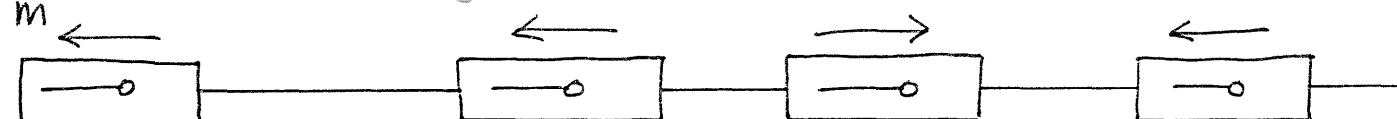


(1
m)

begin slowly to move hands, turning over (still touching) so backs of hands face up, lowering to about 8"/10" from thighs, forefingers & middle fingertips now touching

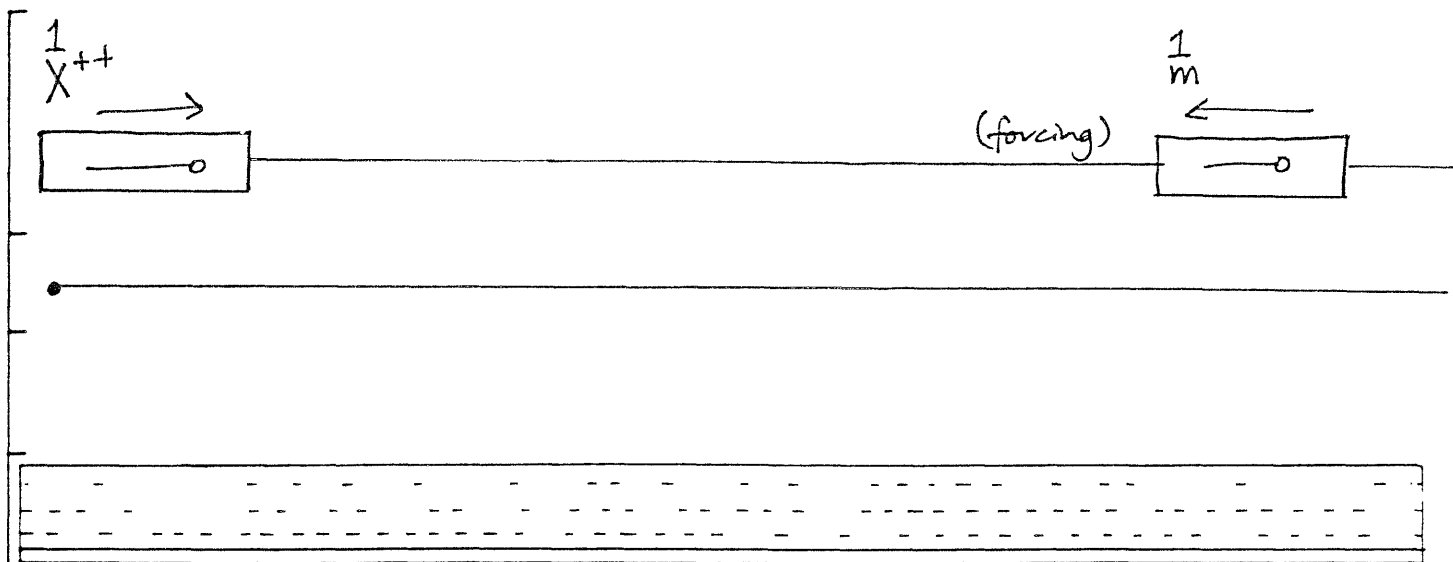
[freeze]

4
m



continue moving, floating down very slowly, palms || to thighs & floor

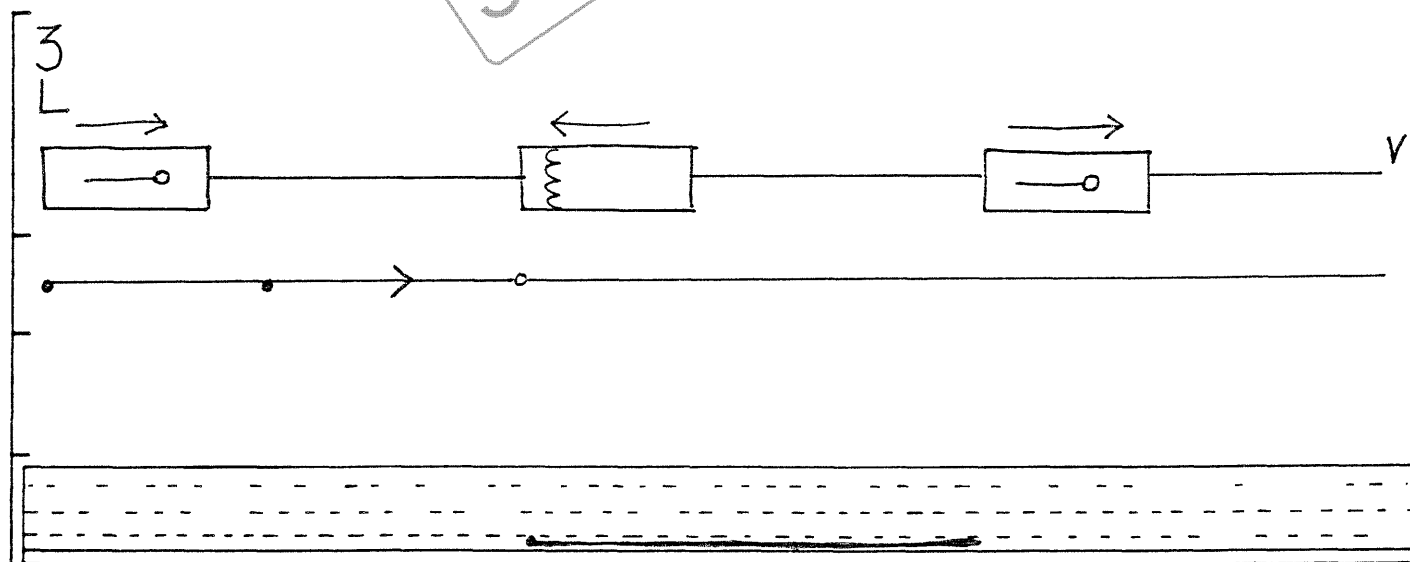
hands now 5"/6" from thigh separate and pull across pointing out to knees turning so hands, || to thighs, fingertips pointing out to knees



hands || to thighs,
over legs
v slowly float down until a centimetre or less from
legs

[hold]

Sample page only



[hold]

ppppp~

1 slowly turn head to left

[hold]

with breath, begin to slowly move r.h. toward l. shoulder / upper arm

49

2
L

(1/5-)

pp~

head leans in toward shoulder, slowly, then r.h., without touching, guides l. arm in toward face

[freeze]

r.h. moving up toward left upper arm, finally resting l. arm over

50

1/5

1/5

1/5

ppp~

pp~

v slowly, the r.h. floats down onto l. upper arm, v. gently grasping flesh and resting

[hold]

let high pitches pop in & out

drawing arm in out of face, face cupped in shoulder/arm

1
S⁻ ←

1
S →

1
S →

v

qlo

o ————— i —————

p~pp~

[hold]

51

Sample page only

1
X⁺ →

forcing

1
L ←

o

h~ ————— > (llllllll) h~

pp~pp~

[hold]

[hold] let shoulder (left) relax down extremely slowly - will jag & tremble down

[hold]

v. slowly swing head around, (still tilted forward) to front

52