SUBJECTNEST · FOUNDATION DANCE

Tiny chosen dance or plan · marks are reminders

A · ONE ACTION, TWO QUALITIES

A = my comfortable action idea: _____

FLOW



Keep it connected.

PLACE



Gently arrive.

Try one little action if wanted; marks remember it.

Choose any comfortable action, body part and range.

Keep, change or stop. A plan is okay.

These marks are not literal body paths.

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