

## WAVE – ING

### **Stage 1: (15 min.)**

Breathe out, then hold your breath for 3 or 4 seconds. Breathe in, hold for 3 or 4 seconds. Find your own relaxed rhythm. While breathing, feel that the ocean is breathing in you. The ocean comes to you, goes out, comes in, goes out. With every breath feel a wave rising, with every exhalation a wave dying.

### **Stage 2: (15 min.)**

Eye gazing with partner. Soft gaze in each other eyes seeing beyond the personality into the inner ocean. We are all part of the same cosmic ocean.

### **Stage 3: (8 min.)**

Dance like a wave in the ocean - Rising and disappearing. Being born and dying.

### **Stage 4 (8 min.)**

Dance and become the ocean.

### **Stage 5: (15 min.)**

Lie or sit down in silence - Until the sound of the gong.