

## Circling mantra

- Find a stable position, where you are not fully rested, but also not active in the sense of moving. For example: cross-legged sitting with elongated spine, standing, on all fours
- Set a timer for 10 minutes, close your eyes, and choose one from the following options. Start to say the words in repetition, in a rhythm what takes shape naturally. It doesn't have to be loud, but it's important to use voice:
  1. köröz körző körönd köröm körzet környék köröskörül
  2. karéj karfa karám karol karika karcsú karom karmol
  3. kerek kerék kerget kereng kering keret kerít kerevet
- After the alarm rang, stop repeating the mantra. Let the previous 10 minutes effect you, transforming it into moving/dancing. Move until it moves you.
- Do it again with the other options!