

## User Instructions #1

Using the flash light from the phone:

1. Approach the body, and scan (around) it. Describe the it. Take your time, slowly, detail by detail.
2. What do you see?
3. Choose a spot/area, and describe it.
3. How it feels?
4. How do you feel about it?
5. What memories does it tell?
6. (Optional) Write or record about your experience, and if you wish I invite you to send your feedback at [bhfconde@gmail.com](mailto:bhfconde@gmail.com)

## User Instruction #2

1. Play the 3rd audio file as loud as possible so it fills all the room.
2. Stay up, straight, feet hip-distance, and arm relaxed next to the body.
3. Pay attention to all the sounds you hear, from the space where you are and the sound file.
4. Do not move your body as long as possible.
5. Notice the feeling inside, memories, thoughts, fears, doubts.
6. Once you feel that you cannot stay still anymore try to ground your feet as much as possible on the ground and slowly conduct all your movement intention to your feet.
7. Slowly start to bring movement to the body, like a battery that is charging from below to up .
8. Move slowly from your ankles until the tip of your head and hands.
9. Always keep the feet grounded on the same place. You might start to lose your balance. It's ok. Just pick yourself back up.
10. Keep going, each time faster and faster, until...
11. You're now free, dance, move all the body as much as you want. Take over all the space.
12. Don't stop until all is released, and the sound file is over.
13. (Optional) Write about your experience, and if you wish I invite you to send your feedback at [bhfconde@gmail.com](mailto:bhfconde@gmail.com)

### User instruction #3

1. Play the second audio file. Best would be to do it with headphones.
2. Close your eyes.
3. Smile.
4. Shake your body, specially the part of your body you hide the most. Shake it proudly as much as you want until the sound file is over. Enjoy.
5. (Optional) Write about your experience, and if you wish I invite you to send your feedback at [bhfconde@gmail.com](mailto:bhfconde@gmail.com)