

# Deborah's Place DL Jam 2020

## Breath of Experience - Kay - 10 minutes

**If you're comfortable, please join me**

**Put your hands over your stomach**

**As you inhale, bring your hands out. As you exhale, bring your hands in**

**Put your experiences into a sound or motion that you can share with the space**

**Continue as long as you want**

## Who's There? - Kay - 10 minutes

**Knock at the door**

**Listen for other knocks**

**Who would you like to be on the other side?**

**Let your body reflect the anticipation - notice your heartbeat and your breath**

**Smile, answer, and greet your visitor**

**Knock again and answer another door**

**Discussion: would you still open the door if your senses say no?**