

# going inwards

- reflection

How it felt to change my attention from outside to inside?  
What was my body feeling?

When I tune in with my body, does it feel like going into a calm place, or is there lot going on inside me?



Could I maintain my attention inwards once I started moving more?



If my body would want to tell me something, what do I think it would tell me right now?



What would I want to tell to my body?

A large, empty white rectangular box intended for writing a response to the question above.

How connected I felt to my breathing during the practice?  
How about in daily life?

A large, empty white rectangular box intended for writing a response to the question above.



How would I describe my relationship with my body? Could I prioritize it somehow more?

Blank space for writing.

Anything else that came up during the practice?

Blank space for writing.

