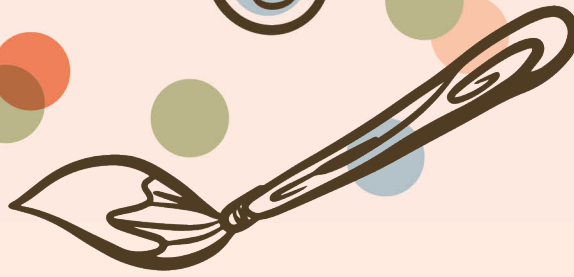


Artist's Logbook



Artist Name: Lauren Trim

Art-form: Dance

Activity Name: Mindful Dice Yoga

Instructions

You will need:

- 1 Dice
- Pens & Pencils
- Notebook or Paper

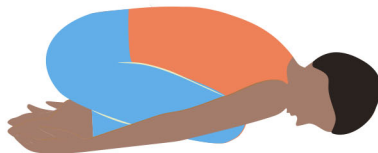
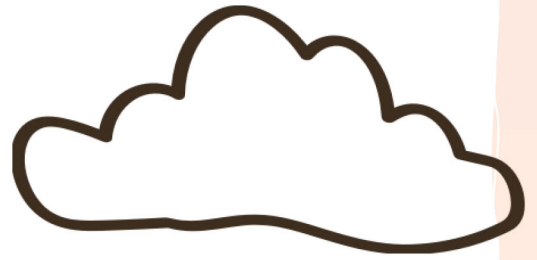
How to:

1. Follow the movements pictured below, finding a version that works for your body
2. Take 5 deep breaths in each position
3. Think about relaxing and your mind being calm and quiet
4. Roll your dice to create a new order for the sequence, thinking about how you move from one position to the next
5. Once you have finished, take some time to be quiet and still
6. Write down any thoughts that come to your mind, this could be with words or drawings





Roll your Dice...



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