

RESPECT **YOUR OWN RHYTHM** FOR 10 MINUTES A DAY, A LUXURY YOU CAN AFFORD!

The constraints of everyday life and the quick pace of our mental activity always tend to run counter to our natural body rhythm. This exercise simply proposes an experiment to feel our own rhythm in the absence of any external constraint.

Take 10 minutes when you are alone and free to do as you wish. Go for a walk and try and feel your present body rhythm: not too fast, not too slow. Take note that sometimes the rhythm accelerates or slows down depending on the natural energy swings (enthusiasm or weary).

Perhaps you can feel a difference in rhythm between what your head wants or imagines and the physical possibilities of your body.

We are no longer used to living at our own rhythm; it may take some time to find it again and to recover our own feelings. If possible, repeat the exercise over several days.

To go still further, explore your own rhythm in different activities (walking, eating, washing, waking up, falling asleep, etc.).

**Experiment to feel
your own rhythm in the absence of
any external constraint**