HOW TO READ V

Create a machine like an action for yourself. Play it as you would normally come to mind in an age which is not your own. Physicalize information making an old person old, an initial machine deciding to talk about what will be part hard slowly and the difference between the temptation to write appropriate answers to these questions and machines that are imaginary. Walk in groups of people. Establish physical groups of sounds until erratic tension moving with the effect of words evolves to its own observer avoiding hearing a sound coming from the total body quality hiss suggesting what happens to the face and front warms up the body still. Try someone common to sound and movement breaking down, attention to exploration of alternating said strength to make sure weight shifts considered in order relationships (doing it with knees) stay to help you without stopping as your voice works through the use of a sentence. To vary what is possible to say previously with several different locations, each starting out from the other, or others, with one another affected in sight by the sequence of another sequence or others. Try it again without resorting to individual ways to analyze movement as the desire for one's body. Body, allowing events to recede, balancing the body or an imaginary line through exertion and a sense of exploration and ease. Its body will bisect it. His body sees that his body is cold and sore, that this is what he will do so he can sense the soreness occurring as pain full of hope and strength rather than satisfaction. The previous good care action words work as it becomes the position, the first section of an overnight condition, do it and read, stop and read, write with yourself or let a friend watch you. Help prepare for more by attention to your arms and legs moving in, by moving in as you can see invisible walls turning in place so that your fingers use your body in a lifted sense. Focus on a clump to divide the size of the strain of or on the voice as it whispers to repeat tongue or lips. Unexpectedly, gradually increase variation until there is no increase with the rest of those watching a new body move as you feel confining situations by incorporating the idea of a partner back to back beginning what you can see the other is doing. Independently conscious of you, to get an attitude worked out on your own, change or see if this helps or how. Be able to see a difference between what you are doing doing the position in the prepatory position out to the side, slightly front, severing a straight reverse swing as you did before you lower your body. Repeat four counts to the line as you place the ground concentrating on the touch as if it were in one piece. Fix your eyes across the floor to see euphoria: if you have trouble

maintaining a person at either end you use your voice with all kinds of ways to pay attention to the screams. United States people using what it is, how to use it, how it can be required of them. Learn to use a line starting with the same series and come keeping standing completely focusing on an unaccented spot. When you do make suggestions work along a line to stand on. to stand on one leg and see deviation. Do you work with your eyes and you want to try this affect, this exercise, the exercise, work very carefully requires....as if you feel you have learned to feel comfortable getting tired and do something you have learned very quickly or very slowly, your knees in front of you as close to your knees as possible, your hands on the one person stand on a desk or a table that is steady. The top of your legs and your feet until at least depending hips are with your head, any type of proficient dive on you until everyone is ready, the third area-appropriate energy on demand concentrate. This involves him concentrating on the development of character generation and is used to create deals for his physical conditioning. For example, "there might be relationships." A sense of a man held ready to everyone through this to what everyone takes away from the other at all times, to react through his interpretation of a statue forever. And is one atmosphere to be dependent on an atmosphere relationship with props, influencing ways you can use extent without using it to sit on. Developing people around us placing another person with a chair near you. Repeat long poems together longer, anything in or part of those in it, explored words, those sticks or boards, such as touching someone with little or no children with little or no inhibition. Height weight age sex exercise when we've got a tragedy that didn't succeed very well. To keep training this man puts one foot up on a physicalization of his body: I love it because it does. I have to. I go to use it, because it does. Knee to knee trouble standing to warm up in front up in front of you or run. Tell them what to read, legs, feet facing forward, right in front. Using hands on you, using floors using feet, toe of foot, then the heel, the floor, off the floor, floor speed, bounce by lying on the floor one part work of the body the whole body is at the same time. Dominate collapsing literal fight work or stretching as one seems particularly good because it helps you

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state of souls sitting all around. So I would sit down to listen to the case I've listened to all evening. As you know, if you happen to be one of them, I look at something you don't much care for, a warhorse, because I was going for her because what she was doing must look like what she is doing usually within all of the movements they did seem to me, I was, I think, about as far as I like before, as I said, to insist somebody something similar to do it, you can do it that way.

Peter Seaton (c) 1981

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