

③ The shower

For a peaceful awakening: let's take a shower! Ask the participants to get into groups of three: one person "gets" a shower for 3 to 4 minutes. One partner stands on the right and the other one on the left. On each side, they pat their shoulders, then massage their arms, hands and so on. Repeat the experience twice by switching the roles. Accompany the activity with relaxing music. We recommend you:

- Sueno en paraguay chancha via circuito
- Havana Affair - Onda Vaga
- Aziza Brahim - Julud
- Francis Bebey - Forest Nativity
- Laughter of the Sea - Mola Mola
- Vision - Intiche