



## Breath, you are breathing me



A slow dance - and a beautiful 3 part round! This is a rather untypical peace dance, as dancers are not connected. The words beautifully describe, what happens, while we dance and sing – a nice introduction to the dances. When the movements and melody are established, this can be sung as a round, ideally in 3 circles (or 2 circles, one with men, the other with women (the leader can sing the 3<sup>rd</sup> voice).

Breath, you are breathing me	Facing the centre of the circle, hands are in prayer mudra (palm to palm) in front of your heart centre.
Voice, you set my-y so-oul free!	Expand your hands and arms, opening out wide to both sides Bring hands back, ending with both hands on the centre of your chest.
A-a-a-a-a-	Fingertips on the bottom of the throat, hands and arms move up and around in free, liberating, joyful celebrating movements, turning clockwise.
a-ah	Facing the centre of the circle, fingertips on the heart centre, hands move together forward, palms open, then down and separating, letting go... ...and palms come together in prayer mudra in front of the belly, moving back up to the heart.

Words & melody: unknown

Movements: Ralph Nimmann