



















PILLOW DANCE

















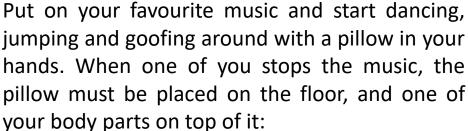












- head
- butt
- belly
- side
- elbow
- knee
- hip
- ✓ forefinger
- heel
- ankle

Repeat as many times as you like!



Body perception and control











