

# **- anima animus -**

**you stand and watch**

**two people                    enter the room**

**one takes off their left shoe  
holds it in their left hand  
starting with their left foot  
walks in a circle to their left**

**at the same time  
the other takes off their right shoe  
                                          holds it in their right hand  
and starting with their right foot  
                                          walks in a circle to their right**

**when you are ready  
                                          take off both your shoes  
walk in what ever direction  
                                          you choose**