

## **KIMVI - REST 休息 - xiūxi**

Find a surface  
Lie down on your back, side, or stomach.  
Close your eyes,  
inhale through your nose,  
hold,  
exhale through your mouth.  
listen,  
feel,  
and smell.  
Spend 30 minutes resting,  
Stretch,  
take your time getting up.

Thank yourself for the break.

## **Reports:**

### **Sifra:**

I walked to the Hoftuin and saw two areas slightly above the ground, both with grass.

I lay down on the nearest grassy area. I had a jumper with me, a big one, which I put in front of my head and torso after which I lay down on my back. I looked at the grey sky and was tired. I also had a headache on the right side of my head. I was awake very early this morning (for the weekend) and also went to bed late.

I wanted to sleep now. I had raised my knees, lying down. A group of people came and sat two metres away from me. That annoyed me. They were very loud and spoke a foreign language, I think Russian. Now I was a bit afraid to relax. After ten minutes, I no longer felt them as a threat. I didn't like the way I was lying. I laid my legs flat on the floor, but that didn't feel good for my feet. After a few minutes, I decided to turn over on my stomach, which felt better. The ground felt warm and soft.

Soon after, my alarm clock rang. I was surprised that the half-hour had passed so quickly.