

Screenshot *Vivant*

At the sound of the bell, freeze – and maintain that position for the duration of the exercise.

Over two minutes, without moving (except for your eyes), attend to the "artificial" screenshot we have created.

Notice how it feels to attend to an almost-still image.
Notice how it feels to *be* an almost-still image.

At the second bell, take notes on your experience. Feel free to share these in the chat thread.

