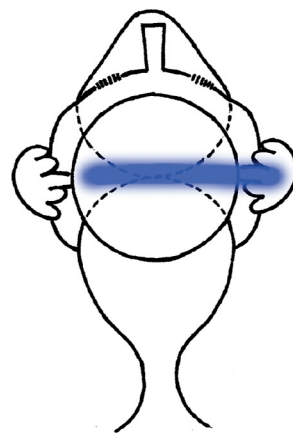


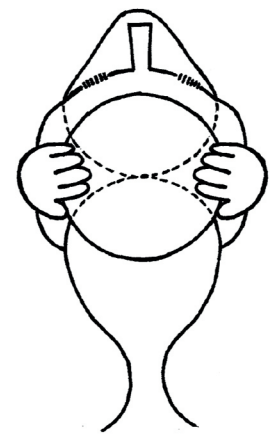
1. Slowly explore blue areas on head, neck and showlder.



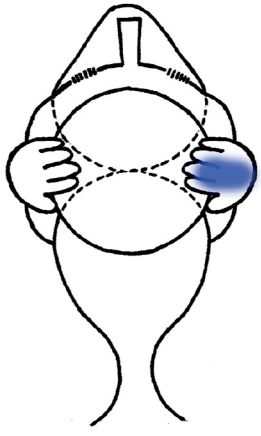
2. Spiral the shower from ear to the center of your head.



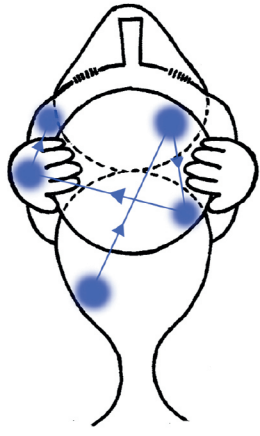
3. Now, fast back and forth movements across the head.



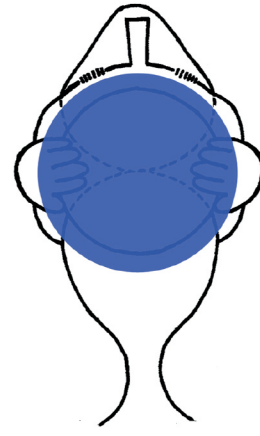
4. Pause. Change hand position.



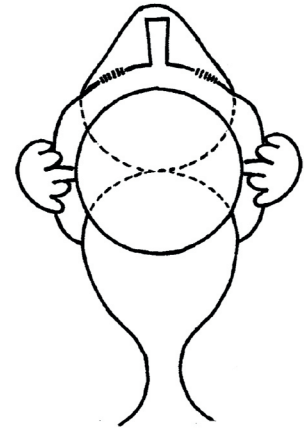
5. Carefully explore shower on right ear.



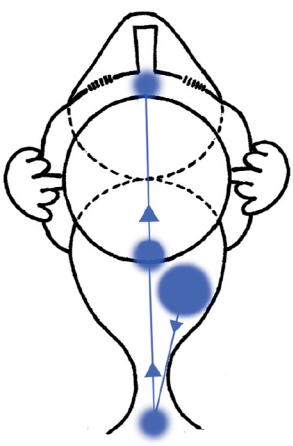
6. Search these exact points and change them quickly.



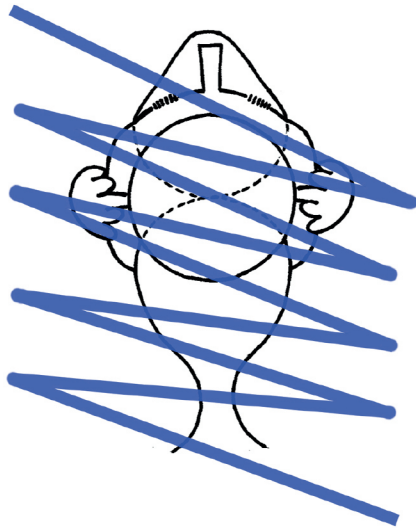
7. Explore the greater blue area on the top of your head.



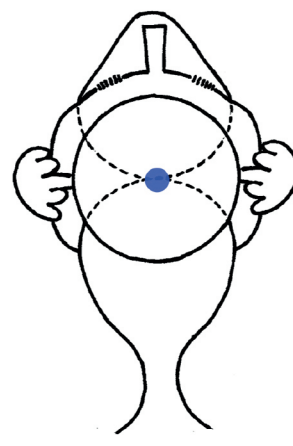
8. Pause. Change hand position.



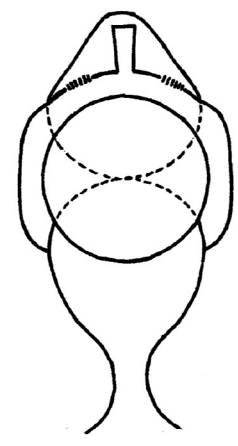
9. Explore points on forehead, backhead and neck. Change quickly.



10. Fast movements back and forth. Repeat several times.



11. Long shower on one central spot.



12. Turn off water. The End.

# SHOWER SONG

Arnold Haberl



To be performed as solo under the shower.

Please note: Each schematic represents the head as a flattened-out 3D model.



The blue coloring marks the shower position. The central circle shows the head from above.

The upper shape represents forehead and nose. The lower drawing represents the back of the head and neck.

The hand positions left and right indicate when and how to close the ears either with just one finger or the whole hand.