

(Miss Georgette Bener gave her third lecture)  
\*\*\* \*\*

CONCENTRATION  
IMAGINATION  
INCORPORATION

Review of exercises:

CONCENTRATION:

First concentrate on the drum which has been placed in the center of the floor, then move around and play ball, always feeling the existence of the drum and being one with it.

IMAGINATION:

The next step is into the realm of imagination. Concentration is the means which leads us to our creative imagination. Imagine a flower - create one that has never been seen before, then change the color from red to blue to green; then make it a tragic black flower; then gradually feel yourself as a tragic flower - become that flower.

INCORPORATION:

Incorporate your image and find a pose which expresses what you saw in your creative imagination.