

Silence



Perch, *Perca fluviatilis*



Listen to the sounds around you

Stop right where you are right now. Close your eyes. Listen to the sounds you hear in your environment. What do you hear? What emotions do the sounds evoke in you? Do you feel relaxed, scared, happy, sad or maybe curious? Where do the sounds come from? What does silence really sound like?



Fish yoga

Fish experience their surroundings with the help of their senses. Like other vertebrates, they have five senses: sight, hearing, taste, smell, and touch. Fish also have a “lateral line organ” that allows them to feel pressure changes in water. Fish use their lateral line organ, for example, when hunting prey and swimming in shoals.

Move like a fish with the help of this yoga exercise. Stand comfortably and feel how the energy flows in your body. Lift your chest, push your shoulders, neck and elbows back and open your hands. Breathe slowly, while you use your hands and elbows like fins, moving them back and forth. Bend your knees slightly, spread your legs and take a deep breath. Exhale and bend forward with your back straight. Take a few swim strokes with your hands, while breathing slowly. Take a deep breath and come back to the present.

