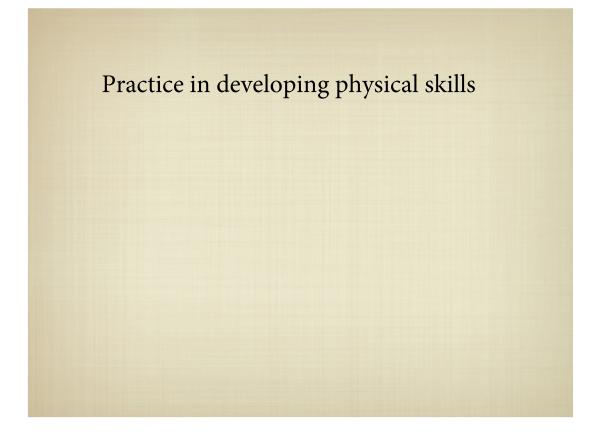


## **PRACTICE:**

Physical activity that is repeated over and over again performed for its own sake, but aimed at improvement with the whole person 'body and soul' engaged.



Practice in developing physical skills

Practice in 'realising relationships':

1) becoming more aware of our relations with others

2) making them real, through honing our perceptions and cultivating reciprocity through imagination