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#140: Mylan Hoezen: Score 8 (2017)

Close your eyes and gently place your hands on your face.

Slowly massage your cheeks, temples, nose, mouth, and ears.

Open your eyes. turn your head to the right and gaze for 20 seconds.

Repeat the same process on the left side.

Maintain focus on your breathing throughout.

When you performed this work, please don't forget to send a response (text, photo or video, whatever you choose) to **done@theconceptbank.org**. We will archive it (anonymously) and we will also forward it to the artist. Thanks and we hope you will visit us again.

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