

ArboReal Practical Information

Scores

- Each of the 4 scores investigates a different aspect of our relationship with trees.
- In the course of the series the mover is guided from a rather broad exploration to working with more specific aspects of the practice. If you are new to outdoor practice you may wish to follow the proposed order.
- You can do the scores separately on different days or one after the other.
- Print out the score and read it a few times [either at home or once you have arrived in the woods] before you actually start doing it. This will help you to immerse yourself deeper in the experience. Having the printed score in your pocket you can always go back to it to orientate yourself.

Duration

- Allow approximately min. 30min to 1hour for each score [not including the time it takes to get to the forest].
- You can take longer if you wish.
- You can also do the same score several times.

Poetic report and materials

- Each score includes a moment of capturing your experience by an 'immediate' and intuitive way of reporting, allowing sensations, associations, images and observations to emerge fluidly from your body.
- Depending on the score the poetic report might happen through writing, drawing, taking a photo or an audio recording with your smartphone. The kind of 'material' needed is mentioned in the score.

In the woodlands

- During your outdoor practice take into consideration the fact that you are moving through a living ecosystem in which countless life forms exist on micro- and macro levels.
- When working with a tree be aware that it is a highly intelligent living being with the ability to smell, taste, see, sense vibrations or stress and even perceive touch. If you want to climb on a tree ask it beforehand.

Finding a spot

- Find an area in the woodlands where you feel comfortable so you can work with ease.
- A spot that is hidden from the main itinerary and not easily visible by joggers and other people might enhance your process.

How to prepare yourself for the walk

- Comfortable clothes which allow freedom of movement and that are suitable for outdoor activities. You might get dirty!
- Long sleeve shirt / or light jacket + long trousers you can tuck into socks are recommended in case of ticks. Layers are useful for changing body temperature.
- Depending on the weather, good waterproof clothes that allow you to sit, kneel or move on the ground.
- Shoes (ideally waterproof) with a good grip.
- If needed insect repellent, scarf, cap, sunglasses
- Bottle with water and, if wanted, some snacks.
- Bring minimal or no valuables and personal belongings! Belt bags or a light rucksack are ideal if you can fit everything in.
- Bring the score or scores and the required material for the poetic report.

Ticks, health & safety measure

Working in green areas might expose you to come in contact with ticks, which can cause Lyme Disease [read here](#). Please check for ticks after your outdoor practice and remove any correctly. Read about safe tick removal [here](#).

Open your senses and change your view of the world and yourself.

Enjoy!

ArboReal was developed as part of choreographer [Vanessa Grasse's](#) and [The Land We Are](#) projects.

It was commissioned, produced and mentored by Vanessa Grasse and supported by Arts Council England.

[#TheLandWeAreproject](#)



Supported using public funding by
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ENGLAND**

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