

## SCORE 1 – ARRIVING - ENCOUNTERING - ENGAGING *[Take your phone with you]*

Find an area that calls and invites you.

### **Arriving in yourself**

See, smell, touch and listen to what is around you.

- As you open your senses play with little shifts of weight. Let your feet connect you to the ground and the three-dimensionality of the earth.

Brush your hands over your body to awaken your sense of your own three-dimensionality.

- Give some extra space to your skin by playfully loosening your clothes with your hands.

Notice the movement of your breathing as you inhale fresh air and return carbon dioxide with each exhalation. Move the whole body to bathe it in the air.

- Curl, uncurl, twist your spine, let your skull float, your arms and legs travel freely through the air.

Allow movement to unfold taking in the support of earth and air.

- Let yourself sink into an ongoing rhythmical exchange with your environment.

### **Expanded Self**

See what is above, below, in front, behind, around you.

- Let your eyes touch and be touched by what is far away and close by: a flower next to your feet, a stretched cloud on the horizon, a group of trees in the space behind you, a bird flying over the meadow, .... Notice how this affects your sense of self.

As you move give attention to the elastic adaptability of your gaze.

- It alternates continuously between expanding and decreasing to engage with the world.
- Notice how the motion of your eyes involves the fluctuating and tensile quality of your body and your attention.
- See details and larger configurations close by or far away.
- Touch them with your eyes, your skin, your entire body.

Use your senses to re-orientate yourself and inspire your movement

- Let this evolve into a movement exploration.
- Add moments of closing your eyes if you like.

### **Dimensions**

As you move, stand, sit or lie look at either very small or very big things:

- A blade of grass, an insect in the air, a little stone, a detail of a leaf...
- Sit next to a big log, gaze out to the sky, pick up a big branch...

How does what you see or touch affect the sense of your own dimension?

Let this become a fluid exploration of your dynamic and tensile self with the environment.

### **Web of connections**

As you are part of the natural world and its entangled web of connections go on a playful movement journey in it.

- Let the outer world affect your inner world and vice versa. Let them permeate and change.
- Move and be moved. Touch and be touched. Listen and be listened to.
- Engage with what calls your attention, follow what invites you.

Let the dance resolve.

### **Poetic report**

Find a spot to stand, sit or lie to do a poetic report by audio recording some of your experiences with your phone. If you like with closed eyes.

### **Back home**

Back home find a moment to listen to your audio recording. Take time to either rest, move, write or draw and welcome some echoes of the natural world into your domestic habitat.