

SCORE 3 - RHYTHMS OF MATERIALITY

[Take notebook and pencil with you]

Go for a walk in the woods. Find an area you feel comfortable in.

Tree materiality

Notice different shapes and sizes of branches and pieces of wood: their curved, twisted, straight or gnarled forms. Let your eyes follow the patterns of different structures: compact or spacious density, fluid or sharp lines, smooth or irregular surface. How do you feel their movement and rhythm?

Body materiality

Take a moment to connect with your own materiality: let your hands touch and brush along arms, face or any other part of the body.

- Become aware of different shapes, densities and rhythms that co-exist within you

Touching - drawing - moving rhythms

Pick up 2 branches / pieces of wood of any size and find a place to sit with your notebook and pencil.

[Leave branches with insects, moss or mushrooms as they house particularly many life forms]

Branch 1

Seeing hands: close your eyes and let your hands investigate shape and rhythm of the branch by moving along its surface.

- Allow your whole body to listen and taste.

Drawing rhythm: take your notebook & pencil: with closed eyes let the rhythm you felt flow with immediacy onto the paper. Trust fully your kinesthetic experience! Open your eyes and come onto your feet.

Moving rhythm: let your eyes take in the rhythm of the drawing and flow further through your whole body.

- Let the rhythm pass through the entire body or specific parts, in any size. Play for a while.

Branch 2

Touching eyes:

with the branch in one hand or on the ground let your eyes travel along its contours, engaging in its rhythm

- If you like you can sing at the same time the rhythm from within. After a while let the rhythm flow into the whole body and let it move you.

Dialoging Rhythms

Find a big branch of 1-2 meters on the ground. Make sure you have enough space to move in, if necessary move the branch to another spot.

[Leave branches with insects, moss or mushrooms as they house particularly many life forms]

Open yourself to its presence and materiality to enter a playful dialogue in movement and stillness Stand next to it - sit on it - lie under it; be close or distant.

- Touch and be touched by its materiality with gaze, hands or any other body parts. Notice rhythms of details, texture, shape and let them move you
- Let the branch and its rhythm inspire your actions, let your dancing become its amplification.

Find an end to your duet.

Returning home

Bring the branch back to where you found it or find a new place where you feel it might belong. Say goodbye.