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When you meet and are so in your own, the viewer is able to really associate.

It's a constant demand on your awareness to keep sensing within, tracking(?) and receiving stimulus from outside.

The tracking is through the score, but maybe for now we're not in a place where this verb/word fits & specifically...

The generic: we need to understand if we can avoid the vagueness as much as possible. (Due to having watched the show yesterday)

WORKSHOP

- Brief intro + names + talk a little
- Gentle warm-up: Breathe, shake, go through the body
- Who are you today with examples: choose release or extreme
- All to one side of the room: first half way second 1/2 r/c
- Closed eyes: how do you feel now? How were you before? How now
- Cross the room with whatever you have now
- 2 groups: ACTION GAME
- From sensing, zooming in to one more specific part of the body. Connect it to a joyful/pleasurable memory. Keep finding what memory that sensation is connected to, from the body to the memory back into the body. What is the sensation where in the room? which room? Can it travel through the body to other parts of the body. What is the tempo, rhythm, space, quality of it? If you lose the memory, revisit it. Go back to the memory, the sensations. Then in space body like notice any new sensations that you get. Can you find a new memory/association? Perhaps you can transmute it into