

It's difficult or I don't always dare to amplify.

Gi: Maybe once we think about it, just do it

Gw: Yes, anything goes. If the body really wants to do something go with it, try it. If it doesn't work we will talk about it. We've found a bit of something today with the tools we've trained

Gi: Sometimes it just isn't true to the memory and that's a bit the issue.

Notice the yielding and if you resist the yielding or let the yielding become a thing. Stay with the trouble. Even if you're yielding and the body is intuiting, how can you find a space or a tempo to match/go along with it.

Gw: I got a sense of allowing the feedback to take you places. Committing to something was also there for me.

Gi: I reminded myself that it's also about not to move. The sounds also were informing what was going on. There were associations this time. Some came like flexes and I changed without thinking about it.

Gw: It also felt consciously sticky with the trouble and not riding too quickly into yielding but allowing the feedback to transform what happens next. How much of pleasure or trauma was there?

A: I kept jumping in between

Gi: The same. Jumping in between like a cardiograph

A: It's amazing how much trauma everyone has, how much is there

Gw: How much adversity we face through our lives and we're still here, getting up every morning.

Gi: I enjoy that after a week we're getting to know each other without having spoken too much.