

Do The score 15 min + 10 min. write + looping
Presence afternoon + responsibility

After writing:

- Looping
- Associating
- Keep looping / put new memories / clouding
- Disrupt
- Break
- Offerings
- Keep sensing within
- Eyes but stay with yourself sensing
- Awareness of spatial relations
- Tentacles of awareness

Checking in emotionally psychologically: who are you today
being in this room today right now, notice your attention. How
does it feel? Naming the feeling perhaps. Letting it turn to action.
Start amplifying the sensation generated from doing. Notice its
tempo. Where is it located in the body? Check in again with
who you are. Is there anything left? Where in the body is
still waiting for some attention and how does it connect to
who you are? Zoning in to the body. Exploring spatially, shifting
it in the body? Examining from this space, sensing what
is coming up from the archive of the body. Take your way in to
finding your score for today.

Sensing the sensations in the body. Checking through different places
zoning in exploring through the body in the room outside the room
Amplifying the memory-sensation into the room that you were
in. Spend time sensing.

Dancers came back after writing, taking time first with