

merely respons. do you have more or less of it?

B & Gi: It was hard to locate in the body B: felt in and out

A: I enjoyed it. It was a lot to hold on to about how I feel in the world today, what is my mission. I could go through a few things. Waiting, being patient, surrendering. Being gentle & softer. The heart. A lot of stuff.

K: I really enjoyed it as well. It felt like the natural progression from WAIT to WAS in the world. What's my relation to the people in the room right now brought me into the space in a good way. The interaction with A brought a lot of clarity. It only became clear with someone.

Gu: It's totally fine even when it's not clear. It's ok to keep searching

Gi: I felt like I needed help. Not so positive emotions about what I'm offering in society. I was feeling so hopeless and it's kind of dramatic.

B: I had a lot of thoughts coming and going and I don't know if it was right but yes in regards to feminism and human rights I try to inform people around and they don't understand. I'm the cute little girl and nobody listened to me. I don't know if this is what you meant. But I felt really hopeless.

Gu: Yes if that's what was coming up then that's what it is. You are experiencing all of this and trying to transmute it through your body. And that is the feeling. You don't have to know straight away. Give yourself some credit for being where you are. You can't always deal with everything. You also need to keep going and prioritize.

A: I don't remember what I've done. Usually I do after impro. But not today.

Gu: Let's do it: let's try and find it back in the body, go through the song, the composition and the journey within.