The visiting body/ies become also holders and creators of space; their ways of being-moving become perceptible and affective

Fielding an experiential state

Toning the space

4) Every body holds and creates space through their personal embodiment process

– being and moving from the body starts to affectively create and modulate the quality/ies of space

– co-regulation

Method used in the room: moving from the body; bringing one's own tone into the room

3) Strenghtening of somatic authority and its expression in the room

– somatic receptivity and awareness creates a foundation for being and moving from oneself

2) Receptivity, sensory information, enmindedness

– practice of somatic introspection allows more defined sensations to arise and be differentiated

What is the experiential quality of where my attention lays?

Method used in the room: talking from the body

The loop may work.. express itself in either direction!

BODIFIED PLACE

LEADS TO

1) Somatic movement practice

– directing attention to personal embodiment processes;

– self-sensing, self-regulation;

– use of somatization, movement, touch, sound/ words, visualisation

Where we hope the visiting body will arrive to

To where and how am I directing my attention?
What is calling my attention?
What is already taking place?
What kinds of dynamics, expression, desires and boundaries are presenting themselves?

5) Shared space of experience

– personal embodiment processes carry on/ remain, but bodies are receptive towards one another and dialoguing;

– the space has a specifically enminded quality (or multiple), differing tones, dynamics, ways of being and needs

What the visiting body will most likely pay attention to at first

Diverse personal processes in one room