

- Warmup, ripple, skin in space - responsibility
- Sensing the sensation from body, naming memory doing
- Associations
- Writing
- Looping

Embarrassing moments: anchor actions to get to the awkwardness
 // Generate embarrassment in the body first? Like with pleasure.
 Looking for access to happier lighter moments of our autobiographies

- Find movement in the body
- Sensation → memory
- Memory = sensing - naming - doing
 - * When working internally try not to shut down from the space
- There are things in the space you can be attracted to.
 - * How you arrive in the space how you are with each other
 - * Spatial relations
 - * Stay with what you're busy with even while working together
 - * Repetition as one of the tools
 - * Find a process for yourself on how to select/discern what to get busy with
 - * If anything came up relating to embarrassment, welcome.
- Writing
- Loop from today's score.
- * Don't actively pursue the score. Let it come to you rather.

ROUND 1 (pre-score)

Gwyn wonders if he should have guided the dancers in
 // The atmosphere is concentrated but diffused at the same time //
 barely writing the silence offers a weighted presence in the room for
 vs all.