

Nuria Sotelo (2013)

1st DAY

--- Working with textures, one touching getting to know body textures. The passive is, it is not abandoned, it can also move, make decisions. Leave only the passive that recalls sensations in your body.

---- Working with weight. One explores the weights of the other. The passive can invite. Leave only the passive and play with your own weight.

Avoid the comfort zones that we already know.

--- We all play together individually with our own weight and texture sensations. We add the space, we are. We are neither inside nor outside, we are around. Not in between.

2nd DAY

--- On the floor move your knees to the sides, let that movement extend to the rest of his body. Let the motion wave propagate through the body. Follow the wave, surf the wave.

--- Everything is form. Go through different forms; transit from one to the other.

3rd DAY

---- Long take sequence. The gaze in the sequence plane; neither too far nor too near, not to look at any point, to go through it. Publish live what happens; there is no judgment. Link what is happening to the present continuous. The eyes fall inward, they fall to the body. They pass to different parts of the body and continue to look in sequence. The speed of what it takes. Eyes for a common world. Reason vs experience. Go through it.

4th DAY

---- Get in touch with space, things, discover them, things influence the body.

GAME OF THE INVISIBLE. Two groups; some observe and others are observed; wins whoever is most invisible. Those who observe are removing the visible until the most invisible remains.

Game of the constellations with concepts. Game of *command obeying*. Let's talk about it, not me, not us. Caress the skin of the world. Between the world and I, I stay with the world. There is nothing to see, nothing to understand. Restlessness, transit, attention. To perceive is to do, to exist. To give power to things, to those around us. Open up what is possible without realizing its meaning. The inclination, where the movement is inclined, follow the inclination. To inhabit several bodies. Transitivity. Command obeying what, how, where, for what. Give power to what is going on outside. Overwhelming, drifting. Do things from what you need to do. It has no purpose. It is not criticizable. It's nothing. I don't pretend, I'm not looking. I am. I'm in it, this is a wave.