

- Fika in the break for workshop - set up in entrance space.
- They are welcome to the sharing / open rehearsal on Friday.
- Florie will be around as well.
- Prepare chairs in the room (to find outside the studio) $\frac{15}{18}$ chairs
- Prepare flipchart
- Workshop Plan
 - Brief intro + technicalities
 - Name round
 - Longer intro - Who ARE you Today +
 - Warm up / wibble (reference space time etc. for chart later)
 - Action game in two groups + little sharing 2 cycles each
 - BREAK - (3:15 - 3:30)
 - Sensing, naming, doing
 - Temporal chart
 - Ins and outs
 - HARVESTING

- Harvesting (Logistics Sunday, firm)
- Recapping, exploring amplifications
- Follow a bit of a score, loosely

Note: Gwyn is keen on not being intrusive on the participant's memories, but letting them experience for themselves and share if it feels right only.

Yesterday: somehow we shifted during the day from the abstraction to something more literal. It was frustrating for Gwyn to have left with the feeling of having gone down the rabbit hole. We lost track of the sensing and time, all the things around temporal/amplification chart. Remember to take the time to sense, without giving into the temptation of naming the find. Because the thing is the searching itself.