

little bit of banter and check-in. Then down to shop-talk.

We speak of the workshop. It turned out a very homogenous group but we're quite happy about it because it was easy to manage and they were used to improvising. It was beautiful to hear about people's lives and get to know them, hear their bits of autobiography. We talk about our experiences in the 2 groups. Asking questions to pin-point the memory more specifically was helpful. The action game was interesting when, pressed for time, we prompted for a sword response. Also, maybe good to do it in even smaller groups. It's good to hear the stories as an ice-breaker too.

Gwyn would like to talk more about the taking the movement others propose and put it in one's own body.

Pedestrian movements useful in generating associations. Prompt for a short explanation of what aspect of the movement brought up the memory. Some times somebody's sharing would spark a memory in the next person. Give them more time to play with the movement in order for the association to arise.

The impromptu took a sad turn for one of the participants. Gi spoke to her but she didn't really want to share. Their experience with improv was helpful for the exercise. For Gi it was sometimes too generic in the sharing/talking. Gw didn't really want to push it because of sharing in a group can be vulnerable. Some were surprised as to what they found and we noticed them journeying through during the improv session.

Finding the words for speaking of the bodily experience takes some time. That's why Gw would like to introduce the writing task next time.

Gi: I really was enjoying seeing the fragility of the bodies going into the memory. It was nice to get this cohesiveness and to have it down

A: Yes I also felt sensitive to invading their autonomy