

After the run, another talk-through before audience comes in  
Gu: After you've written it's really nice that you come in while I'm talking. After the first loop, you get to choose how to end it. From that point you can break, take time. How do you want to rearrange the space? Chair, bench, continue, the hover, anything that's in the room. You can invite audience to move as well. For the second loop really start again from sensing. Always bring it back to the body. All interventions possible in second loop. Conclusion will be a bit of a surprise. When you write reflection you write about how you feel about the memories you've revisited.

- Sensing the edges of the skin practice

Feel the edges of the hands, the fingers the inside of fingers. Move your arms in your clothes, the skin inside our t-shirt. Feel the tightness of your waistband. Width of your shoulders. Shift the legs inside of your trousers, the skin inside the clothes. The thigh bones inside the trousers, tuck in. Go for the edges of the skin, on the knees, the back of the knees. Feet on the floor in the socks. Skin's skin. Start getting a little more complex explore the skin into the space around you. The skin presses into the skin. Explore the mouth too, chew your ego. Chew your neck, your shoulders, your arms, elbows. Chew your pelvis. Chew your perineum. Chew your thighs, chew the buttocks, chew the face, the feet, the toes. Allow the skin to soften that chewing around you. Release the pressure, kind of lightness. Remind yourself of the balls of the foot.

#### NOTES FROM AUDIENCE FEEDBACK

- Some speak about getting up and moving being too sudden for them
- Someone else really enjoyed the contrast between sitting & moving
- Someone got very emotional, felt like a therapy session for them.
- The fact that Gu shared one or two of his own memories/associations was helpful, inviting
- There were tears of happiness
  - Taking the feeling from one body part to the other was