

• Who are you today? Keep the body as leader to find the memory you will work with today. Give yourself the time to understand the sensation, the memory, the feedback.

"Because of where you're from. From".

Gus: I could have done it with non-dancers but that's not what I wanted. You are here because you are dancers.

• Go into sensing. Find a memory. Zoom into a sensation, the body-emotion feedback. You can still use the other tools from earlier: architecture/organization of the body.

From there find when you wish to amplify: in space, in intensity or any sense that you find useful today. We're still looking for the terminology. Take your time

We go again. Keep to the same memory and amplification. If association happens let it take its course this time.

Zooming in is a very useful tool, especially after describing it today. The memory will be the same, but you might end up zooming in on something else.

— LUNCH —

• Get back in the body 5 min. Tazuma plays on the stereo.

• Amplification like blowing up a balloon, expansion.

✓ I make a couple of attempts at rephrasing and questions, but end up being more confusing instead. //

We struggle a while longer with trying to define the process of amplification. End up saying that staying with the trouble comes first.

• Bring back the same thing/memory you had earlier and amplify
// It looks to me, when I see Gus doing it, that it's a kind of rifting. At least I think that if I were dancing now I would choose that word for myself to go into the task. //

• Short rounds of amplifying + resetting.

• Stay with the same memory but choose different things in