

- The joy / release / well-being / contentment
- Emerge / evaporate / intensify / spread / relate
- Describe yourself to the room. What do you perceive of yourself.
How do you perceive yourself in situations? Ask questions of each other? How is it in the body? What's the physical language that comes out of it?
- BRANDON FLOWERS From THE KINORS is an inspiration for feeling so cool. Feeling cool for a while feels very happy and satisfied
- As performers we transcribe sensations, directions into our bodies.
- When we dance we release endorphines in the body which creates a degree of happiness. At the same time there is vulnerability and fragility as a contrast.
- 5 minutes of "who am I today?". Simon finds in on the test
- Gwyn remembers when he was a child "don't be sad drama. Just do it" / "Put on a brave face."
From the book "The Changing Throat", Leviton
Remembers a moment of pure pleasure or pure joy (you will not have to tell anybody what it was/is). Take it clear enough so you can work with it. Fill in the columns:

<u>TEMPORAL</u>	<u>SPATIAL</u>	<u>FUNCTIONAL PRESSURE</u>
What happens in the moment of joy?	Where is the body? Shape and action Where in the body?	Rickling Cuddling Roaring Sharp Leeching Nibbling Constrictive: pinching prongs gnawing creasping