

- Recapping yesterday afternoon. They played a lighter task/game.
- In a circle: one makes initiates a loop of movement and everybody joins in. A quick round of saying what it reminds them of spoken out loud. ACTION GAME
 - Open space improvis with the 4 tasks freely. Spent most of the day working on the same memory. Dropped it in the end but asked to record them in writing for later on. For structure later.

Want to broaden the vocabulary to initiate from: different kinds of sensations + modes.

Expanding the physicality. Repetition + accumulation + range / amplitude (different ways of it ^{existing} throughout the body)

How does it transmit in a more nuanced way. How does it connect to the memory and sit in the body. What are its possibilities/potentials for it to exist in the whole body and be driver for a vocabulary of some sort. It's the next stage of Transmitting.

SENSING • NAMING • DOING • ZONING IN TO THE DOING • AMPLIFICATION

How does the interaction / relation to one another effect the autobiographic moment?

Check-in with everybody, followed by some movement together, guided by Gwyn. Chatty mood, having been reminiscing on Graham technique and Cunningham. Eventually settling into work-mode.

Start from the feet. Sense the soles to the floor and find the connection to the top of the head.

Find the edges of the feet, toes, heels and let this ripple thru the spine.

Find the edges of the skull, the ears, the eyes, the chin.