

The toolkit for the first score is more about edges of skin, clothes floor room outside others. Then going back into ourselves asking of shared responsibility. Role as artist. Seeing within, making space, responsibility

- SKIN FLOW -

Sense the edges of the skin as it moves in the air. Sense all the edges, the pressure of feet on the floor. The inside of the thighs the back of the neck the throat between the fingers the toes. Composing the skin, arranging the skin in space. Feel the skin in the air edges of the skin in the air around. Reach the edges of the skin out in this room, pressure on the floor. (pt interrupted - see recording) ...

... Keep composing the body, composing the space, arranging the skin and each other.

Thank you for joining us let's take a couple of breaths together. (3 breaths)

Go through the classic dancer body-scan. Go through and check in with your body. Any tensions, sensations? Now notice check in who you are today and what feelings you're experiencing today. Notice it and see if you can sense where it is in the body. Can you locate it precisely or is it more diffused? Now notice the tempo it has: is it rhythmical drawn out or other time quality? See if you can pin-point it for yourself. Now you're invited to open your eyes.

Dancers find a resolution for this part. Everyone else I invite you all more to close your eyes.

Notice go back to your body. What is your heartbeat. Notice how you are feeling. Maybe we can sense where it is in the body top of the head depth of stomach between the eyes sense the sense