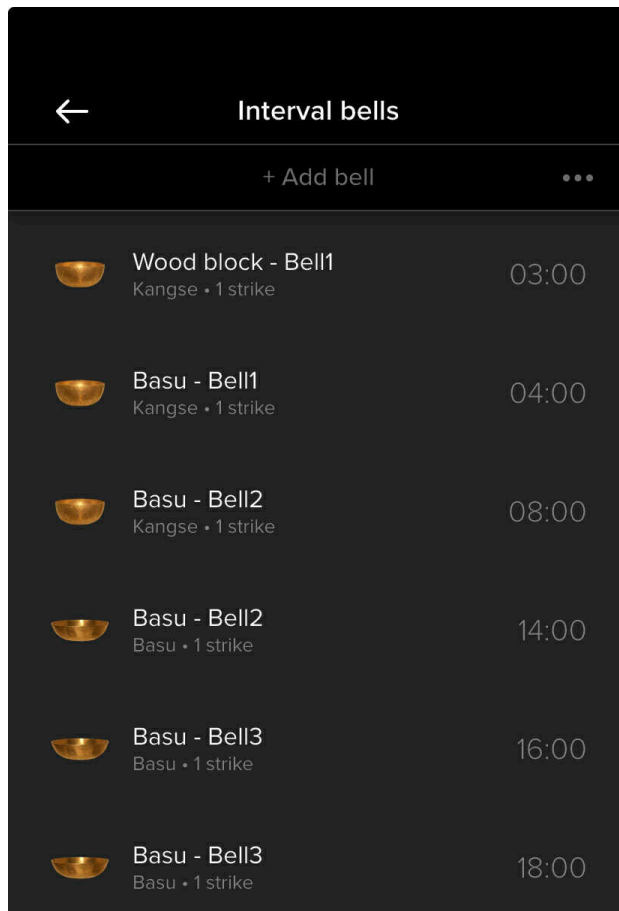


Timetravelling Score

(download the app “Insight Timer” or any other app which has interval bells.)

The interval times should be set as on the given screenshot, the bells will indicate the moment when you move forward to the next task. Please notice that for the Bio time task there are no bells, the total time is 20 minutes.



1. Shake - 3MIN

Find a comfortable place in the space, start with shaking all your body parts in all directions at the same time. Try not to stop during these 3 minutes, keep the intensity and be dynamic.

2. Stop - 1MIN

Stop for 1 minute, stay immobile. Try to observe the contrast between shaking and immobility. Don't move.

3. Heartbeats - 4MIN

Listen to your heartbeats. You can place your hand to feel it and try to feel the heartbeat in the different body parts. You can move freely following its rhythm. Try to never lose your connection to the heartbeat.

4. Walking and Running on a circle - 3 times 1MIN. biotime

Start this task with approaching each other and form a circle facing each other. Walk at a normal pace in a circle all together as a group. Feel the biological time. After you feel it's 1 minute of bio time, change direction and continue walking for another 1 minute biotime.

Change direction and this time start running for 1 min. Bio time and then stop before going into the next task.

Try to connect with the group to decide when to change direction without expressing anything.

5. Look in the eyes - 3MIN

Find a partner in the space near you, stay at 1 foot distance from each other and look into each other's eyes. Try to welcome the gaze of your partner, relax, try not to move your stare away from the eyes. Stay focused.

When the bell rings, nod the head and relax the eyes.

8. Move with focus inside - 2MIN

Move freely with your focus totally inside. Try to pay attention to your inner state and every physiological sensation.

9. Move with touching others - 2MIN

Move freely in the space and touch, make physical contact with others. Try to shift the focus from inside to outside. With the touch, try to gather the information from other's bodies.

10. Move with focus outside - 2MIN

Move freely with your focus outside, including absolutely everything (objects, textures, colors, lights, architecture, others...) Try to be curious, really stay outside with your gaze as you move.