

iCoDaCo Practice 10/27/2025 - Nacho Cárcaba

Breathing/Movement (10 min)

- Silent/Individual
- Micro movements based on breathing.
- In a second phase, expansion/contraction.

Group Pulse (15 min)

- Silent/Group
- Walk until you find the group pulse.
- Change the pulse without speaking / Provoke and let the group find it again.
- Possibility of going outside, but when you come back in, do so with the inner pulse.

Suspended Time (10 to 15 min)

- With music / Group
- Move very slowly / find a pause / keep moving / sensation / look at each other / listen

Improvisation with stations (20 to 30 min)

- To watch (1 person)
- Talk about a theme into a microphone (1 person)
- Play music (1 person)
- Move (3 people)
- We let the device start and remain in place. Once it feels established, changes in position on stage can be proposed directly, and the person who is changed moves to another station.

Sharing circle and questions (15 min)

- When did you feel that time was compressing or expanding?
- Let's talk about or chat about individual time and collective time.
- Can we think of time as a texture? Shall we dance it?

Sketch image of the practice, modified by a 2-year-old and a 3-year-old.

- Estaciones 20-30 min

Mirar^{IP}
Hablar^{IP}
Mover^{3P} Tocar^{IP}

- Respiración movimiento 10 min

- En silencio / individual
- Micro-movimientos basados en la respiración
- Expansión — Contracción

- Pulso grupal 15 min

- En silencio / Grupal
- Caminar hasta encontrar pulso grupal.
- Cambiar pulso sin hablar / provocar y que el grupo vuelva a encontrarlo
- Posibilidad de salir fuera

- Tiempo suspendido 10/15 min

- Música / Grupal
- Moverse muy lento / encontrar pulso / seguir / sensación / mirarse / escuchar