

title	length	function	experience
establishing common ground	1h		First comes the experience, than the wish to structure
dreams of working together	1h		A will to just try.
Space - body tuning score	45min	Space awarness, and connecting to wishes	Desire for a silent day. Notice effect of the particular space you are in
Rolling and watching	30min	Findein pathways to connect to the body of others giving time for observation, before action	Touching is scary we need more practise
Perception of the outside world	1h	vision and memory excersises, source of inspiration	Differences in the amount of outer input one needs to improvise agancy in what you take and what you leave out - free will
awaken sensations in the feet	15min	awaken sensations in the feet	oh yeah fighting your inner monsters - patience juxtaposing music helps
Continuety - slow moves	50min	widdening your abilites	Contemporary dance is equaly challenging mind soul and body
Mapping your path to dance	2h	remembering your childhood getting to know eachother personally	We got closer to each other. The difference of making scenes to tell a story, compare to when dance inspires the scene
Breakfest - working around your desire	45min	diving deeper into the topic of desire - everyday life reference	a big discussion about the difference between - need, desire, dream, wish and curioustiy, versatile experiences
Collective authentic movement	30min	to witness each other in motion to move more independently	indvidual experiences
Collective fascia massage	20min	to awaken the skin	nongentle touch is underrated
Shaking	50min	to elevate the energy of the space to learn what energy can feed from	sometimes its just not the day for energy but movement effects your move
Brainstorming around the starter question - reflecting on the proc	2h	to summerise and solve the miroboard issue :)	slowly but surely
collective listening to music - freejazz	20min	thinking about the relation to music thinking about structure and freedom	something becomes contemporary when its selfreflective...maybe the values of shared experience
dancing to different hymns	35min	thinking about our bodies reaction to music	the power of contextualisation the power of bodymemory