

LET'S FINALLY FIND A RHYTHM AND SOME MOMENTUM TO SUPPORT US TO TRANSITION BACK INTO WHAT WE KNOW AND LOVE...

TAKE TIME THIS MONTH TO EXPLORE FLOW - THE BEAUTY OF CONTINUOUS FLOW THROUGH BREATH AND BODY AND THE NOTION OF FLOW DRIVEN BY PURE ACTION ITSELF

Reflections for Artists

This month we invite you to reflect on your own experience or connection to the following quotes:

"...It is when we act freely, for the sake of the action itself rather than for ulterior motives, that we learn to become more than what we were."

"The purpose of the flow is to keep on flowing, not looking for a peak or utopia but staying in the flow. It is not a moving up but a continuous flowing; you move up to keep the flow going. There is no possible reason for climbing except the climbing itself; it is a self-communication."

From *Mihaly Csikszentmihalyi, Flow: The Psychology of Optimal Experience*

Invitations for Participants

Find a simple and abstract starting point; free from judgement, emotion or dynamic drive. The shape of a static object is a good place to begin. Ask dancers to create the shape with their bodies, then slowly and gradually begin to reconfigure the shape, shifting its size, dimensions, location in the space, continuously moving. After exploring independently, and to support genuine response and flow, ask one dancer to continue moving whilst another observes. When the observer chooses, they recreate the movement happening in front of them and begin to take it on and explore it for themselves. The moving partner then pauses when they see their partner move and take on the observer role. This can happen back and forth, across the space, round in a circle or in groups of 3/4 with two movers and 2 observers. Crucially the key is that the observer catches the movement and continues their own flow rather than being triggered to start by the mover.

Balloon game; an opportunity to explore the concept of continually moving, making quick less conscious decisions and working as a united team. Hit a balloon up in the air...don't let it touch the ground/walls or furniture. How long can you keep it going? Encourage them to give it a good whack to challenge everyone...don't play it safe!

Exploring flow as a community; either in contact where possible, or dancing apart but with a strong focus on eye contact, one dancer starts the movement off in a similar abstract way as the task above. Their only rule is they have to move towards/gesture towards/make contact with another person at some point. When this happens, the next person takes the movement and continues with it, passing on to the next. As you keep moving, support *flow* by encouraging dancers to eventually shift into new spaces into the room, to reverse, to connect to more than one person, to move faster etc. Adding layers of challenge to test their perception and reflexes.

Inspiration for creating, planning and moving

With paper and art materials of your choice, explore a breath-driven creative exploration. Breath in, see the paper, fill your lungs, expand in your sides, feed the brain with oxygen...breath out and allow the pen to make contact with the paper however it chooses for as long as it wants to. Reset and repeat. Allow the breath to support the flow of pen to paper and subconscious thought to materialise.

Take your mark making and allow it to become words, either written or verbal. You could repeat the same process with the breath as above; breath in, see the paper, breath out write or speak what you are seeing, sensing or connecting to.

Allow your mark making and words to then inform your movement practice....where can it take you. How can the breath support than genuine flow?

