

DECEMBER 2020

AFTER SUCH A TURBULENT YEAR, RECONFIGURING ALL WE KNOW, TESTING OUR RESILIENCE AND DISPLACING OUR WORK, SOCIAL LIFE AND CONNECTION, AS THIS MONTH'S FOCUS WE INVITE YOU TO **MOVE FOR NOW**.

TAKE TIME THIS MONTH TO PAUSE FROM LOOKING BACK OR LOOKING AHEAD, BUT MEET YOUR MIND AND YOUR BODY IN THE HERE AND NOW, AND USE THIS SENSE OF PRESENCE TO INSPIRE YOU RIGHT NOW.

Reflections for Artists

What do you need RIGHT NOW?

Where does your body want to take you RIGHT NOW?

What energy and rhythm are you drawn to RIGHT NOW?

Thinking of your practice, what excites and inspires you RIGHT NOW?

Invitations for Participants

When working online, ask participants to find unique ways of entering and exiting the screen. What angle or direction can you come from? How can you surprise us? Playing with the creative potential of our technical set-up can shift us out of our static, screen-staring frames for a moment!

Quickly...name 5 things you can see in the room, 4 things you can hear, 3 things you can touch or are touching you, 2 things you can smell and 1 thing you can taste. Connect to the present moment and your senses.

Shake it out. Simple but effective. Shake the imaginary water off those finger tips, send it into various directions around the body and space, move together, in unity, to a strong beat. Send the blood pumping around the whole body.

Inspiration for creating, planning and moving

Put on a piece of music that reflects where you are at today. Focus on moving your feet.

Where do they take you? How are they connecting with and using the floor? What patterns are they forming? Repeat wearing your favourite pair of shoes. How does this change things?!

Go outside. Observe the natural choreography of your environment.

How are the trees moving? What patterns are the birds making? What quality does the ground give you? How is nature surprising you?

Look above. Either indoors or outdoors. How does the space above you encourage you to move? Is the 'ceiling' near or far, How does it affect your eyeline, your chest opening, your breath?

(When I was little, I used to hang upside down from the sofa and imagine I lived on the ceiling. These were magical times!)

