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## INNER RHYTHMS

- Standing meditation
    - Roots growing
    - Relaxed ankles, knees, pelvis
    - Light up the spine
    - Head reaching up, chin tucked in.
  - Listen to far away sounds, then to the sounds in the room. Let all your body become a listening organ, receiving the sound through all your skin.
  - Listen to the heartbeat - feel, tap, walk
  - Once the rhythm is present in the walk, shift your attention to the rhythm of the breath.
  - Embody the breath in the movement of the arms - the inbreath - hands conquer the space, the outbreath - they let go.
  - Let the eyes follow the hands and with this, engage your spine in the movement. Let the whole body follow the directions of the arms.
  - IN-OUT. STOP - stop on inhale, move on the exhale, change.
  - Try to diversify the rhythm inside the tempo of the breath. Become creative
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- **TASK:** When a movement attracts your attention during your daily life, consider that moment an “art experience”. Find a way to record an impression of this momentary “art experience” using any appropriate means or media (video, writing, drawing, photo album, animation, dance it, describe it verbally and record it etc.). Upload the file.
  - **READING MATERIAL:** ?  
<https://blog.oup.com/2016/08/breathing-dance-theater/>
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- **TOPIC TBD:** Effects of awareness of the breath