1: Individual Engagement – BREATH

WRITING PROMPT:
Breath is more than the inhale and the exhale. Breath is the force of life moving in, through, and beyond our bodies. Breath is expansion. Breath is possibility. Identify an image that allows you to define breath in new ways and even, perhaps, experience the feeling of breath moving through your body with new awareness. Write about your experience of breath through this image.

MOVEMENT PROMPT:
Read what you wrote about breath. What feelings and sensations does it catalyze in your body? How do your own words move through you? Develop movement in response to your writing. There are no rules or limits on how you can or should move. Let your words guide you. Once you have a movement pattern in your body, repeat it a few times so it becomes more and more organic.

2: Pairs – BLUR

MOVEMENT PROMPT:
In the blur, light and shadow dance. The seen and unseen merge into a dynamic landscape that encourages multiple ways of interpreting presence and absence. In the blur, movement isn’t captured as much as it is extended to other bodies, other spaces, and other times as our senses collapse.

Identify an image that allows you to step into the blur. Engage the image with all of your senses and move from this sensorially informed place. Once you have a movement pattern in your body, repeat it a few times.

Working in pairs, participants will then share their movement response with a partner. Each partner will share their movement and witness their partner. The pairs will then have time to reflect on what they witnessed/felt/saw from their partner’s movement.

PROMPT FOR PAIRS:
Share your movement with your partner while they witness you move. Hold space to witness your partner as they share their movement with you. While you are moving, try to communicate with your partner without feeling any pressure to “present” or “perform.” While you are witnessing, watch with openness and careful attention.
After both of you have shared your movement. Write in response to your experience of witnessing your partner move.

3: The Cypher/The Blur Collage

Guidance/Instructions:
Each member (in whatever way they choose and offering whatever they feel comfortable sharing) will share a movement and verbal response (from their writing) to the cypher.

Your group will merge the movement and language themes that emerge in your cypher and create a “blur collage” layering movement and spoken words drawn from each member of the group. Your cypher can get as creative as you like by adding other sound and vocalizations to your “blur collage,” - improvising new movement, finding ways to overlap words and movement in new ways, etc.