

MORNING
6-8pm
dawn
(0-6 people offer)

AFTERNOON
2:30-5pm
post-lunch snoozy
(0-6 people offer)

Requesting
Resources

dot
porter
studio

other
Studio

TEAM OPENING
⑥ STUDIO
⑩
- defining rest
- expressing intentions
- expectations
- permission
- talk through container

Dusk gathering ⑥

Dusk gathering ⑥

Music
house! +
laughing circle

Dusk gathering ⑥

Cellulose handling
body part

Dusk gathering ⑥

Silent
river
walk?

dusk ⑤
gathering

WEDNESDAY - THURSDAY SILENCE SHARING

OUR SILENCE: RESTFUL SILENCE

NO VOICE NO SMOKE NO SONG	no body particular	Yes breathing
no sign language & gestures	no visual input	see each other
no eye massaging	no feedback messages	Feel what we feel
no physical contact outside as you prefer	no physical contact	Sense completely share via senses
no writing and contact outside as you prefer	no physical contact	lessen around safety for walks alone

① walk in darkness
Studio → Studio to house + back

② morning talk
+ amphitheatre
- begin at nutritious range together

③ cook & eat breakfast

④ authentic movement

⑤ 3:30-4 gather
N's time

⑥ 4-5 trees

⑦ COMPLETE DARKNESS:
Feeling sound together
to small speaking

Weather Forecast

Day	Temp	Weather
M	26 - 14	Sunny
T	30 - 17	Sunny
W	26 - 19	Cloudy
T	22 - 14	Cloudy
F	21 - 13	Cloudy
S	19 - 13	Cloudy
S	20 - 12	Cloudy
M	22 - 13	Sunny
T	27 - 17	Sunny
W	26 - 13	Cloudy
Th		

3:30 gathering
wait for
Ni's timer to begin (30 minutes)

Abdominal
massage
6am @ Dot Porter
studio (5mins)
SILENT WALK
STRAIGHT AFTER
ABD. MASSAGE
start from studio

Matt Skille
Alchemia + Sigils
9:15-11:00am

Nihaiika
Large
Studio Pk

Q1 GONG
Macalunas
7:00 am the
heat of musical
collapse (in studio
if zoning)

9:15-11
PRACTICE SHARING
Daily rest
practice
wear long sleeves
& pants - expect
the floor

9:15-11
PRACTICE SHARING
Authentic movement

9:15-11
PRACTICE SHARING
Nihaiika
COUNTER-TECHNIQUE
- SAMPLE
- SPOKE
- PERFORMANCE IN THE
AIR

Matt Skille
Sigils in

Can we all
sleep together
on sat night

4:00
Q1 GONG

6-11
PRACTICE SHARING

INTENTION

to be in rhythm with the sun

here to rest a container
the residency is for rest

learn from others

phone + time fasting

communicate +

share less via

words and more

via other ways

to have

co-creative conversations

open-ness

-listen more often
more deeply

EXPECTATION

(aside from ^{practice} sharing)
(+ dusk gathering) I

can ^{arrive} leave as I need

Spend time alone and together

Consider integration

and application of learning

beyond this time

to leave feeling rejuvenated

honesty: articulate and

act on needs

failure →

PERMISSION

sharing resources

table | home
spaces
tools

be personal:

a safe space

to touch each
other

/and/ to

give space
with 'that's enough'

to say no

to improvise, moment
to moment

not to explain

to play



Just as remembering things you will did that you enjoyed and doing them again

Choosing NOT to do something

transforming this juicy stuff into our embodiment as bodies

What Practices Can I feel right now?

go about finding it in the house, so be what

SOFT SOFTEN SORPTENING FITNESS

AMIBAS wholebody practices - stretching, walking, yoga

a satisfaction or pathway with satisfaction

Inhabiting a feeling of safety

- a feeling of balance
- a feeling of understanding
- a feeling of transparency
- a feeling of me

Today I had the best night's sleep in a really long time

I enjoyed feeling relaxed, heard do I need right now and then feeling to again later

FAT TIME

restful? restless?

what to expect can be a resting place
sing all expectations can be restful

Don't go back to sleep. The moment dawn and slowness. Don't go back to sleep!

Clarity for listening to each other while sleep having permission and time to rest for a while to rest

rest is the feeling of play of love

- rest is rest
play is rest
call your rest
rest is rest
play is rest
rest is rest
play is rest
rest is rest
play is rest
rest is rest
play is rest
rest is rest
play is rest
rest is rest
play is rest

rest is knowing
knowing is resting
resting is knowing

find rest for you

