

SUNDAY 9:30-13:00

Schedule

- **Check-in**: What's your mood?
four rounds: a gesture, a gaze, a sound, a word
- **Yes-No game**
*In a circle and with throwing gazes at random people (be really random);
With yes being a nod (then the thrower must change the gaze); no being taptap.
Practicing awareness: does feel opening or closing?*
- **Revisiting our [Consensus](#) → see below**
- **Overview of Flupsi's approach:**
 - ◆ Background: bodies in a war zone, hegemony of violent binary codes
 - ◆ Tools: thinking with shells, how to temporarily suspend an assumption
 - ◆ Motivation: to practice other ways of being body with each other, other ways of limiting

Opening ritual and warmup

- ◆ Self-massage (whole surface), massage the floor (surprise the floor)
- Presence-**fakebutoh**-stage exercise:
Small and large shells around your body, connected shells, an ocean of shells
- **Recheck-in**
- Presence-**fakebutoh**-stage exercise, this time with closed eyes

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Impro Jam

- Introducing the prompts that will support your improvisation:
 - ◆ (1) Shellter, Mask, Self-replacement
 - ◆ (2) Positive space as negative space as positive space as...
 - ◆ (3) Gap
 - ◆ (4) Superlibro
 - ◆ (5) Generous Companions
 - ◆ (6) All the Shells!
- First round
 - ◆ Pull a prompt from the shell to get started; change the prompt when it feels exhaustive
 - ◆ Mingle in the middle; refuge in the antechamber; sanctuary in the corner
 - ◆ Closed eyes
- **Recheck-in**

- Counterpoint singing
- second round with singing

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→ **Recheck-in**

- ◆ Was your perception of bodies different than what you experience in everyday life?
- ◆ How did you navigate encounters?
- ◆ What worked for you?
- ◆ What didn't work for you?
- ◆ Did the experience raise questions you are curious to explore more?

Cooldown and Closing ritual

→ **Check-out**

- ◆ You'll receive a small after care manual

Afterwards, you are invited to join me in a cafe and talk about how the experiences and approach relate to your liberation/resistance/organising practices.

on next page: Consensus & Questions for the advance phonecalls

CONSENSUS

- Participate if you don't have any cold symptoms
- Whenever you feel you are afraid or blocked, feel free to share it. Either choose to try out grounding and breathing to overcome it, or to go out of the situation into a safe spot. We agree to support whatever your choice is.
- We all want to support each other and make the experience nurturing. To make that work, share your needs, requirements and desires with the group.
- Sunday is for experimenting with other relations, with no-image. Even if we know each other, we can use this day to relate as if we didn't know each other. (As far as that works for us). We try to keep it separate from whatever relation we otherwise have. It's an invitation to suspend managing other people's image of you, and to suspend your own body images.
- Go where the flow is. First, you ground, then you may or may not feel some flow in you. When you feel it, share it. No need to force it; no need to worry about what the partner may expect; just go into contact only when you feel like.
- First, trust your body. Second, trust the process. Also, your boundaries and resourcefulness will change during the practice. I'll remind you to check in with yourself.
- We will establish a frame of consent in the beginning, and then rely on this frame during the whole jam.

QUESTIONS to participants in advance

- Any questions concerning the invitation?
- Any anxieties, worries or concerns you'd like to address?
- Specific needs that can help me reduce barriers?
- Familiarity with consent and how to make a safe space, experience with naked bodies
- To what degree are you interested to explore limits and boundaries of yourself and of others?
- Anyone you know might be interested, or group?