

Dayglow
Guided improvisation

From DancePod with Skånes Dansteater Episode 3

Dayglow - The new art of non-assembly

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We'll begin with a warm up and then
I'll follow that with a creative task.
I'd encourage you to go outside today.
The more inspiring, beautiful or interesting the location
you're in, the more fun you'll
have with this exercise!

You're free to do this seated or standing and adapt all of
my instructions to your body and needs.

Let's begin.

Notice where you are.
Become as aware of the space as possible either through
touch or through sight.
What shapes are there in the space?
What textures?
What temperature is the air, how does it feel on your
skin?
If you're in a familiar place try to notice
something new about it or something that has changed.
Notice where you have chosen to place
yourself in the space.
Why here and not there?

Find a stable position.
Gently adjust until you feel supported
and centred.
Be still for a moment.
Without moving, imagine your whole body emptying
out, making room to feel and move later.

Take a few deep, cleansing breaths in your own time.

Visualise a pool of water just in front of your belly button.

Scoop the water with your hands.

With your palms facing up to the sky, pull the water slowly up from the pool.

Finish just in front of your chest.

Now tip the palms to face the ground so the water pours back down to earth.

Keep on rotating the palms outwards so your thumb will now be the lowest point.

Keep rotating and let the hands rise beyond your chest.

Follow the hands with your eyes as your arms extend and reach overhead. Push up above you like you're holding up the sky.

Let the arms circle outwards away from one another and down to your sides.

Repeat.

Pull the water up to your chest, rotate the palms forward, keep rotating and then

project your hands and your eyes to the sky.

Now, spread the arms to your sides.

Again, breathe in and pull up. Rotate.

Breathe out and push to the sky.

Let the arms return to your sides and repeat.

Breathe in to pull up. Rotate.

Breathe out to push the sky.

Spread the arms down to your sides.

In.

Out.

Return.

Keep going in your own time.

Lovely.

Now just let everything go.

Find a wider, comfortable base, seated or standing.
Just twist lightly and loosely from side to side to loosen
the muscles of the spine.
Don't force anything.

See if you can let the belly be the first part of you to twist
and then the rest of the body follows.
The arms are relaxed by your side and swing lightly with
your twisting motion.

Allow the arms to be free, they are
responding to the movement of the spine.
As you swing and rotate from side to side, notice the
movement of the head.
Does it move with the spine or in opposition to the spine?

Keep the jaw and neck relaxed.
Smile.
Find pleasure in freeing your body of tension.

Try not to think about what it looks like, this is a warm
up, not a performance.
You belong in this skin.
Notice how the twisting affects your base.
You can probably feel the momentum shifting you from
side to side.

Let that happen.

Even though this is repetitive, keep noticing what you
see in front of you and what you feel.
Root yourself in the space.

Great, let's fade that out gradually.
Now close your eyes and be still. Breathe in slowly.
Exhale forcefully, throwing your arms down, opening the
eyes and standing tall.

Now we are warm, I would like to invite you to do a longer
task that you are free to do in your own time.

I will go through this quickly now but you should spend

more time on each part for yourself. I propose that you do it a few times if you want.

You'll need a notebook, a pen and some time.
I would like you to do the following steps....

Step one is to choose a space.

It could be your living room, your balcony, garden or somewhere else that you can work and dance.

In step two you sit quietly for 5 minutes and just OBSERVE the space.

After 5 minutes of watching, we're going to do some automatic writing.

Step three is to write down in your notebook what you have noticed.

Try to not stop writing for the entire five minutes, keep your pen on the paper.

Don't judge what you write.

Allow whatever comes up in your mind to be written down. It's an extension of your thought process.

After the 5 minutes of writing move to step four. Spend the next 5 minutes interacting physically with the space in one of the following four ways.

It's your choice which task you use.

Task A. Trace the shapes of objects in space with your body.

B. Use the colours and textures in the space to inspire movement.

C. Find ways of blending into the space. Embody the space. Become part of the space.

D. Experiment with different ways of crossing the space.

Now for Step 5.

Return to your notebook and spend the next five minutes writing what you have just experienced.

Again, try not to ever lift your pen from the page. Repeat these steps as many times as you want.

Observe.

Write.

Experience.

Write.

You could repeat this process everyday for the next few days. You will end up with pages of writing and thoughts that you didn't expect.

Hopefully this exercise will spark some creative ideas or maybe you will develop new relationships to familiar places.

You can think of it as a recipe for a site-specific dance piece. Have fun with it and see where it takes you.

Thank you so much for joining me today.

Ciao.