

NOURISHMENT IN ZOOMLAND

45 MINUTES OF MOVEMENT

Grateful for these sessions of sensations, reflections and dancing. We had 45 minutes to turn up, connect, meditate, respond and move with Katrina Bastian.

Expectations were out the window into the wind. Katrina gave short, sweet stimuli all so thoughtful, intellectual and emotional. There was a mixture of emotional and physical prompts whilst in movement. Freedom to follow or forget such prompts. Inhibition was truly lost.

We had two rituals.
Begin with three words, close with one.

DAY 1

Cold, grey, carpet

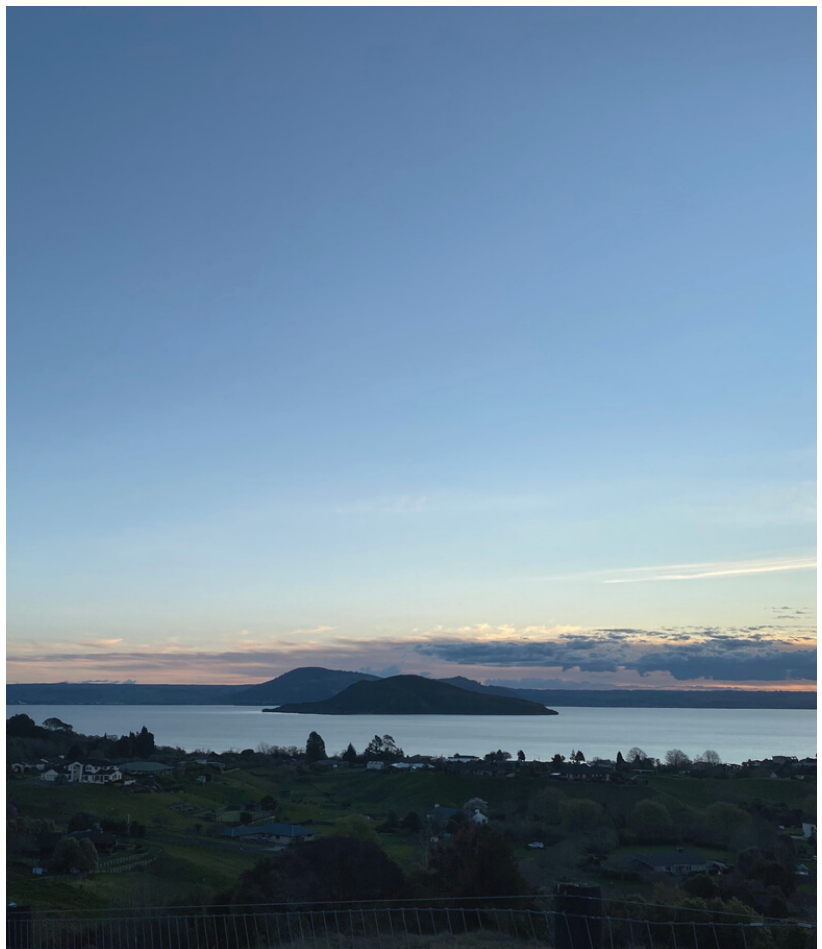
Practice vx Praxis

What is your top priority right now?

What are the beliefs you hold about achieving/maintaining this priority?

Do you have enough information or support to know if these beliefs are true?

Happy





DAY 2

Calm, light, open

Energetic body vs physical
body in dance...

What is the relationship?

Energetic = all the things we
can't really touch - artistry,
emotion etc

Space between atoms is
energetic body, atoms are
physical body

Fuzzy

DAY 3

Oats, Shoulders, Neck

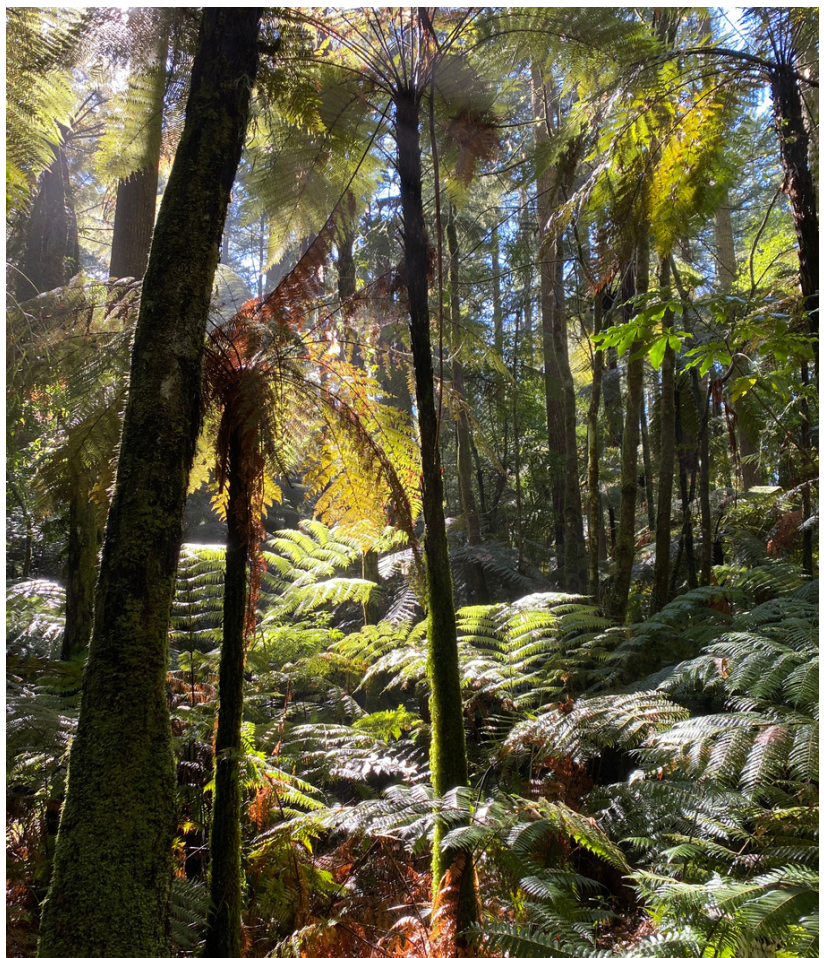
Praxis - day after day coming
back in a new way, re-imagined
Hey sorrow here's a cup of tea.
After your tea it would be nice if
you left.

Book - The body keeps the
score (can try audio version)
Bessel Van Der Kolk
T räuma vs t rauma
t-rauma =

Trauma being stored in body
not brain so need to release
through body.

Prompt: For the rest of the day,
can you list/ become aware of
the tiny skills your body has
that are integral to your day.
I.e. my fingers are able to open
a can of beans

Agitated



DAY 4

Sore, clouds, cruisey

Affirmative Feedback, Alternative Perspectives, Open Questions, Tips + Tricks + Requests, Associations

alternative perspectives - If I was in your position I might...
open questions - a question that came up was...
tips & tricks & requests
Associations - it reminded me of

this week: offerings to see where/what we build together
movement with no strings attached
prompts with a bit of self reflection and on what we are processing

thinking about the questions for a while after

Onus



DAY 5

Ready to dance

Resilience - The ability to recover quickly from difficulty
Recover not overcome
The in-between moments building to recover.

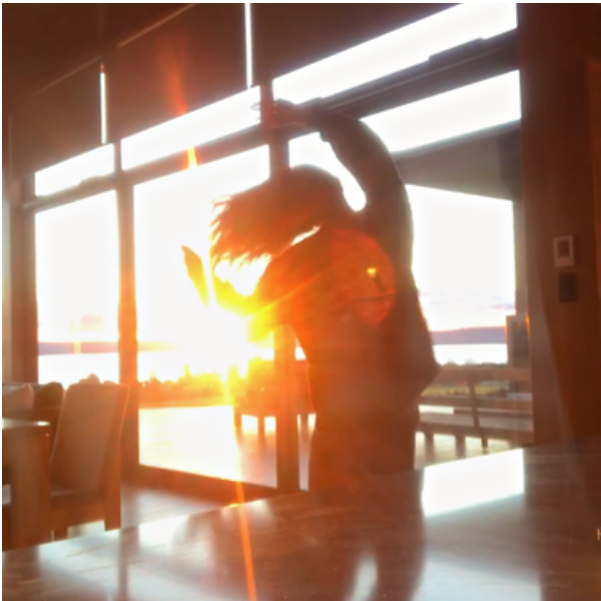
Be aware of a place of pain without it overwhelming you

Your life is just a collection of experiences and how you react to these experiences

What is it like to be me today?
Distracted - second guessing myself

How does your gratitude practice relate to your physical body? If you don't have one, how is your body doing? Physical gratitude, maybe chocolate maybe think of future Ngaere and what she will be grateful for. Resilience is how we deal with the shortcomings with the resistances.

Hungry





DAY 6

Forrest, heart, frumpy

Lateness - colloquial
idea, come to rehearsal
when you are ready to
be there. It's a cultural
construct!

The way you treat
yourself is played out on
a loudspeaker in our....
What am I saying to my
body, soft or hard
language
am I focussing on what I
already have/dont have
what I want?
David Lawrey

The internal dialogue
during performance?
Under rehearsed
performance the
nervous system won't
shut down so the voice
is always there.

When I'm talking to
myself on stage I'm
always a moment
behind executing that
move the moment has
passed and everyone is
on to the next moment

adrenalin is a good
silencer of that internal
voice when you are
performing something
you feel confident with

is this a belief that was
an outside voice that
was projected on you

Shine

DAY 7

Full, terracotta, crumbs

Manifesto

Having a really clear yes/no, being
aware of my movement as a yes or no
movement. Going deeper into yes
movements until its a no movement
and then moving on.

Is a yes movement that feels good in
my body or brain or as an artist?

Manifestos serve a purpose till they
don't and then give yourself permission
to let go. Don't hold onto things that
won't serve you.

Moss

DAY 8

Legs, goosebumps, cold

Debra Hay - Move your fucking head

<https://cullberg.com/en/performance/the-match/>

<https://walkerart.org/magazine/deborah-hay-outlier-insider>

To read - BLUEETS - Maggie Nelson

you're already special

Home

1. Suppose I were to begin by saying that I had fallen in love with a color. Suppose I were to speak this as though it were a confession; suppose I shredded my napkin as we spoke. *It began slowly. An appreciation, an affinity. Then, one day, it became more serious. Then* (looking into an empty teacup, its bottom stained with thin brown excrement coiled into the shape of a sea horse) *it became somehow personal.*

2. And so I fell in love with a color—in this case, the color blue—as if falling under a spell, a spell I fought to stay under and get out from under, in turns.

DAY 9

Song - Linger On

Yern