

Remote Dancing **45' Score #6**

_Define a place for the practice to happen [open/outdoor spaces will provide a more intense inflow of information]

_Set up the limits of this space just by envisioning a shape (circle, triangle, diamond) in the area where the practice will happen

_On a piece of paper, in the top right corner, write your full name, date, time and the place where you are – say it out loud as you write:

_On the same paper, in the bottom left corner, write down the target of your dance a few times and say it out loud [target is the information about a specific time and place where you want to direct your dance to, where the dance will remotely happen. It can be anywhere you can name, here or in other dimensions, in the past, present or future. Write down the date, time and name of the place and make up a code for that event. You can invite other people to dance with you by sharing with them the score and the code you created]

Set timer and follow this action protocol:

- 5 minutes: *concentrate on breathing*
- 10 minutes: *deep listening*
Listen to the sounds around you. Listen to sounds inside you body. Listen to what is close, listen to what is far. Follow sounds. Displace your ears to other parts of you body. Hear through the vibrations coming from the ground, coming from the air.
- 12 minutes: *seismographic drawing*
Use the back of the sheet of paper to create a map of the soundscape you hear, following internal and external sound waves you can create a map of what you hear, in continuous deep listening.
- 12 minutes: *remote dancing*
Keep your perception expanding as you move yourself in space and time. The movement is just a manifestation of this dance that is generated by many people connected to the target event. Use your senses to displace time and space, all you senses here are connected to the target event.
- 6 minutes: a flow of writing
On the sheet of paper, write what you feel, what you see, what you hear. Images, sketches, impressions, dreams or whatever emerges at this point.

This score is to be practiced individually or in a group.

The aim is to engage in a practice that will allow travel in time and space through a shared imaginative field.

Imagining together recreates realities.

<https://yo-wasser.hotglue.me/remote>

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