

notes for workshop:

Attention, Objects, The Body  
Hannah Levin + Helah Cooper

- ~ warm-up to prepare for object play:
  - Shake (music..Laurie Spiegel - Drums, 7 minutes)
  - Moveable Cinema (borrowed from Shannon Cooney, 7 minutes)
    - begin with simple spine undulations, hands resting at the “root of the tongue”, Shannon’s eye covering with hands, slowly distancing, noticing more form as light comes in)
  - Virtual Gloves (borrowed from Benoit Lachambre, 7 minutes)
    - small hand movements to access somatic sensations
    - or you can think of magician’s hands, puppetry -
    - guide through fluid body, skeletal structure, nervous system, organs, the imaginary
  
- ~ together, unpack and unwrap the objects with attention to their properties  
(line, shape, colour, weight, texture)
  
- ~ choose one that you want to work with and find a place on your own
  - get to know your object, take time to notice it’s properties (line, shape, colour etc)
  - notice how you hold it
  - notice how it makes you feel (is that feeling located in any particular part of your body?)
  - notice if it prompts a certain kind of motion in your body  
(10 mins)
  
- ~ find a partner, someone you’d like to work with, and find a spot where you will play a game
  - I bring over another object to make three
    - take turns moving the objects and consider both the placement of the object and how it gets there ( borrowed and expanded from Susan Rethorst’s object game, taught to me by Zoe Knights, adapted for SWITCHES + LINKS (Helah Cooper + Hannah Levin)
  - continue to notice the objects’ properties and sensations in your body while playing
  - continue playing, two sets of partners merge
  - you can stop taking turns and play more fluidly, allow whatever you notice in your emotions, your physical body or in the forms of the objects, allow for associations and thoughts to arise but continue to come back to attention paid on the objects and their interactions with the group and yourself  
(15-20 mins)
  
- ~ choose an object - it may be the first one you started with, or one you have gotten to know during the group game
  - spend some time coming up with a few gestures, or a way of relating to the object which can then be documented in a short (30 sec - 2 min) by Hannah when you feel good about what you’ve found  
(30 mins)