

## BASICS

### Fundamental Interconnectedness

(connecting bodies, always feeling as node inbetween streams)

### Infinite Flow

(moving from relatum to relatum, like swinging on vines)

### Decentered Body

(movement quality comes from multi-directional pulls and paces of different body parts)

### Multiple Attention

(movement's trajectory unfolds between more than one specific positional focuses)

### Earth and Air

(gravity and levity, grounding and volume, verticality and horizontality)

### Exploring the Unknown

(keep seeking for new movement)

## BODY

### Listening with all Senses

(conscious kinesthetic perception – receiving, not searching)

### Transitions of Texture

(from vital floating to exploring the ground, both with a relaxed basic muscle tone)

### Pulsatory Rhythm

(inhaling: rising, exhaling: dropping)

### Resonance

(using momentum, landing a movement, letting go, easing out)

### Turning Points

(between receptive and assertive phases)

### Scale

(movement can move between several bodies, in a body, or in a body part)

## GROUP

### Reciprocity

(a mutual giving and receiving – of care, impulse, volume; yin and yang)

### Changing Dynamics

(acceleration and deceleration, multi-relational groove)

### Including Bodies in Constellations

(group fields, interspaces, using “doors”)

### Relating Spatially

(no instant reactions to individual actions, no synchronising, no coupling)

### Diversity of Species

(heterogeneous and vagile characters inhabiting a landscape)

### Balancing

(keeping expressive movement tied to a relational stake)

## CARE

### Team Work

(maintaining a state of availability, caring for whoever crosses one's path)

### Caring for Cohabitants

(being present in the act of caring, allowing your energy to make contact)

### Arrival of Care

(in order to be received, care needs to be recognised by the one being cared for)

### Being Compassionate

(without being personal)

### Permeability

(allow feeling passing through)

### Building up Trust

(feeling safe)

## SPACE

### Receiving from Inner and Outer Space

(in one's body, and between bodies)

### Tactile Space

(providing a sense of concrete physical relationality with others and the environment)

### Prose and Poetry

(drawing attention to an existing spatial relation vs creating a new one)

### Fluctuation

(taking turns, getting on and off without stopping the Flow)

### Impermanence

(everything is interdependent, everything arises and passes away)

### Space Walking

(arriving on Earth with every step)

## TIME

### Moving in the Present

(experiencing current reality, here and now)

### Time of a Landscape

(installational space)

### Elements of Relational Flow

MM, 22/10/2022

## VISION

### 360° Receptivity

(receiving all the bodies' positions around you)

### Body Gaze

(a gaze that radiates from the whole body, allowing to be looked in one's eyes)

### Back Space

(being present in the space behind you)