**improv(e)**

*a manual for ecosomatic change*

 compiled by nala walla

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**ENSEMBLE: The Walking Score**

Learning to balance individual impulses with group needs.

- entire group mills around the room at a medium pace. facilitator calls out “slow,” and everyone slows to barely moving. facilitator calls out “fast,” and everyone quickens.
- next, group members can select from four speeds: slow, medium, fast, or stand still. tuning into the group, sensing patterns emerging, members choose to add to, or break, the pattern.
- invite members to take turns witnessing the improvisation.
- afterwards, invite the group to talk and articulate what they saw.

**KEYS:**
- Please keep to walking only. Do not add any other movements. Why do you make the choices you make?

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**IMPROVISATION:**

*the art of change*

**Next score,** creating a duet for the room.

- a bell rings, and partners roll back down to the floor. the group of two forms a support. one partner is leading, the other following.
- next, partners move to different areas of the room, forming more duets. invite members to take turns witnessing the improvisation.
- afterwards, invite the group to talk and articulate what they saw.

**KEYS:**
- Be a walk through the room in this
- step into the other’s shoes.
- Don’t make a performance, but play.
- Many hands make light work.
- Do not take the role of the group.
- The real score is in the group.

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**NAME GAME**

Name games offer the chance for each person to enter into a contract with the group for that session. We each commit:

- I agree to take good care of myself, and to set my own boundaries.
- I take full responsibility for my actions.

- form a circle
- each participant takes a turn stepping into the circle, offering their name, and a movement that expresses their state of being.
- the rest of the circle reflects their name and movement back to them, and the participant observes herself as reflected by the group.

**KEYS:**
- Authenticity. Remember, this is NOT a performance, but the creation of a container.

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**ICE BREAKER:**

Upside DownWalk

Levels the playing field, allowing an escape valve for giggles/tension & prepares for deeper work.

- in a circle, raise arms to sky and breathe deeply.
- straddle legs wide, allow chin to drop towards chest, roll slowly down spine, one vertebrae at a time, folding at waist, allowing head to hang freely.
- peer through your legs, upside down, and turn your whole body so that you are facing the group.
- take a walk through the room in this inverted position, greeting each member of the group, upside down.
- a bell rings, and partners roll back up together, creating a duet for the room.

**KEYS:**
- Instead of trying to “look like” electricity or mud, try, for example, brushing your hair “muddily.” What if seaweed were to make a sandwich?

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**BODY AND EARTH:**

*The Elements*

Builds diversity in movement through connection with nature.

- group spreads out in room, standing in “neutral” position.
- facilitator calls out the name of an element or texture found in nature i.e. rock, electricity, mud, falling leaves, powder, honey, seaweed, etc.
- each person attempts to embody the qualities this element.
- invite two or three participants to move, while the others witness, switch roles.

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