

# HANDOUT – Moving with Adults

## Embodied Expression of Beauty, Nature, and Connection

### Context & Considerations

This class is based on the premise of expressive movement for wellbeing for a general adult population (not-age specific), with very general themes of what adults might be seeking, such as:

- Wellbeing, connection, belonging, meaning, purpose, personal growth, peak experiences, motivation, mental/emotional health, physical health, love, care, strength/resilience, an overall felt sense of wellness, spiritual connection.
- Active processes to be active, healthy, and engaged in life physically, emotionally, intellectually, and/or spiritually.

### Session Objectives

- Through the lens of nature and beauty, continue to learn movement processes for adults that provide individual and community experiences.
- Continue to develop skills and knowledge for warm-ups.
- Continue to develop skills and knowledge for inclusion of visual images/photos, objects, and themes from life (in this case the natural world) as a source for movement.
- Experience example processes to practice awe, gratitude, joy, and connection with beauty and nature, through movement. (Essential aspects of wellbeing and resilience.)
- Continued practice of embodiment and expression, with the understanding that when we translate something into something else (e.g. an idea or a feeling into movement), we activate higher cognitive functioning, and the potential for meaning-making, processing, and expanding perspectives.

### Overview of Session

- Warming-up.
- Movement process arising from photographs (connected with nature).
- Sharing and witnessing with a partner.
- Movement process facilitated with words (connected with a nature theme).
- Group movement process (connected with a nature theme).
- Individual or collective movement process arising from an object (connected with nature).

### Warming Up

- Consider how to begin spatially as a group.

- Consider what to include, such as the B of BESS, connection to self, and connection to others.
- Consider your role during the warm up process.

### Moving with Photographs / Visual Images / Paintings etc

- Consider how to use aspects of BESS to support adults in finding a rich variety of physical expression of an image, e.g.:
  - Body – activating the senses – what is seen, what is imagined to be heard, touched, smelled, or tasted.
  - Effort – the feeling, tone, quality, mood, and/or energy in the image. The energy of colors within the image, or sense of movement that is present.
  - Shape – how objects and forms in the image are shaped, their sense of volume, their relatedness with other objects, embodying 3D forms and movement.
  - Space – foreground, background, high, low, lines or pathways through the image, spatial geometric forms within the image, sense of direction of movement within the image.

### Moving with Spoken Word

- Consider how your words, tone of voice, and pace may affect movers.
- Consider how you might invite movers to let your words wash through them, hearing any that resonate and letting go of any that do not, and moving from and with their own impulse to move.

### Moving with Objects

- Consider how to use aspects of BESS to support adults in connecting with and embodying an essence of their object, e.g:
  - Activating the senses – seeing and touching the object (including smelling, hearing, or tasting if appropriate, or the memory of the sound it might make, etc.)
  - Inviting connection with form, shape, texture, internal and external, qualities it has such as strong or delicate, qualities it gives you such as a felt sense of strength or of softness and lightness, color and the quality/mood of that color.
  - Inviting connection with any movement the object is associated with, for example a leaf fluttering in a breeze, or a crystal slowly forming its structure.

### Sharing Movement Expressions

- Consider inclusion of different ways to share experience and movement expression.
- Consider how to help people share, view/witness, and respond to one another.