



Reflections are “Rhythmic Persuasions”. They exist holistically, with an appearance for similarity, joining and contrast.

When we are “In Rhythm” there is a discrete awareness to Each counterpart, however they embody qualities:

- To acknowledge movement
- To Appreciate Formal Correspondence
- To suggest ‘ Follow & Lead Weaves’ for Visual Engagement & Energetic Conferencing.

As Individuals, a Dancer can learn and re-address to recognise already understood appreciations.

A simple exercise is **Responding**.

- With Elbow to Palm *contact* to various *Interfaces*.
(*Land, wall, other (Dance Partners)*)
- Pressing Both Feet *together with another person feet*.
- Standing Back-to-back *in acknowledgement* of Dance Partner.

Practise Comfortability & Express an *awareness* for *Connection* (**Sensory transaction**).

Activity 2: Stand and Recognise your feet flat in Contact with the Ground.

Meditate on the natural movement subtlety of your Body as a standing individual.

Spend 5 minutes responding to Body Energy & Field Vibration naturally.

Activity 3: Lay flat on your back near a tree at “sunrise or sunset” to *Recalibrate* and *bring into appreciation* those Circle Archetypes as Organic Forces & Consciousness as a part of Land – Site connected dance.

A dance class is not always in a Studio with mirrors, it is a significant contrast to be in awareness of Outside Energy and configuration.

In dance space, *relationships to movement* take on a different tone & embodiment when we are barefoot or in the *outside elements*.

Have you ever danced:

- On sand
- On grass
- By a water body (ocean, river)
- In the bush

Dancing outside in rhythm changes the way dance is understood.

Read more about **Dance & Drum** under the Holistic Arts tab of the website.

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