

Practice 1 . VOARTE / CiM – Companhia de Dança ***Meeting Point with the body***

Duration: 15 to 20 minutes

Awareness of the body, in space, in time and with the others around it. Encountering oneself and the nature of one's state at the moment. Identifying breathing as the body's first movement.

Step 1: Place the feet parallel, aligned with the distance between the hips and find the balance point, close the eyes and let the arms fall along the body

Step 2: Focus on the top of the head while the body finds verticality

Step 3: Think about the body, bones, muscles, veins... and feel the ground

Step 4: Gently be aware of your breathing

Step 5: Use the knees as facilitators of energy passing through the body

Step 6: With the connection to the body, open your eyes and look at the group

tools necessary for the activity: comfortable space

other comments: Take time going through step 3, taking a journey by mentioning each part of the body