

Practice 5 by ABANA "Continuous line"

Duration: 30 minutes to 1 hour

This exercise aims to promote the connection between the self and the creative act, by drawing a continuous line on a sheet of paper.

All exercises will be led by a leader and a group of 20 people.

Each participant will have a sheet of glossy paper and a color of their choice

Step 1: Adaptation and relaxation

Before starting the activity, participants will be invited to relax, through deep breathing or other relaxation techniques that they prefer.

Step 2: Choice of placement

The participant will be free to decide how to position himself on the sheet. You can choose to stand, sit or lie down, opting for the position that will allow you to feel more comfortable and connected with yourself.

Step 3: Creation of a continuous line

Using the drawing tools, the participant will begin to draw a continuous line on the paper. This line will represent himself and his connection with the creative act. He will have to ensure that the gesture flows freely on the paper, without interruptions, without the need for a pre-established plan, simply following his own instinct.

Step 4: Creative Exploration

While drawing the continuous line, the participant will be able to explore and connect with the creative process through reflection. There will be no need to judge the result, but the concentration will be based on the gesture itself and how it makes him feel.

Tools necessary for the activity:

-A sheet of glossy paper (1 m. x 1.5 m.)

-Drawing tools of your choice: pencils, markers, crayons, or other..

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