

## Practice 6 by ABANA "Rhythmic Path"

**Duration:** 30 minutes to 1 hour

In this exercise, the participant will be encouraged to explore the previously drawn line by walking over it following different rhythms as in a dance. It will be a way to deepen the connection between the body and the creative process, exploring how both interact with each other. The duration, pace and intensity of the route can be customized based on personal preferences and objectives.

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: Observation**

The participant will begin by carefully observing the line drawn on the paper. He will observe the curves, straight lines, intersections, or any other visual features of the line he has drawn.

### **Step 2: Path**

The participant will position himself at the beginning of the line and begin to walk along it, following different rhythms. You can choose to walk quickly, slowly or take breaks as if you were following the rhythm of music.

### **Step 3: Kinetic Exploration**

During the journey, the participant will pay attention to the physical and mental sensations that will emerge following the line at different rhythms. Reflecting on what you feel in your body, what kind of connection you have with your creation.

### **Tools necessary for the activity:**

-Sheet of paper with the line drawn previously.

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