

## Workshop: Improvisation and Deep Listening

### Part 1: Voice and body warm up (20 min)

- **Standing presence:** We form a circle. Shoulders are relaxed and open. Floating hips and a bit flexed knees. Our feet distribute and balance the weight and we imagine a silk thread on the head's crown that holds our body gently straight upwards. We become present on the space, observing and feeling, letting thoughts pass by without identifying. There is a focus on the lower center (tantien) where energy takes root, and we become conscious of the breath, bringing it into the abdomen and expanding from there.
- **Stretching freely, voice starts appearing.** Find out what your body needs and start stretching and exploring. Let the voice come in, with dynamics of tension and relaxation to awaken our own path for the energy to circulate.
- **Hip circling, low tone circular swells.** The movement grows slowly from small to big circle. Volume or texture swells together with each cycle.
- **Arms side to side, dry "Ha! sound".** We begin to basculate slowly, imagining liquid circulating, one side gets empty while the other gets filled. The arms are totally loose at the beginning and they start hitting on the belly/low back, then side of the chest/center back, then shoulder blade/underarm. We bring a short and strong "Ha!" with our voices in with every side hit. The rhythm is pulsating and steady.
- **Arms and hips loose, back and forth, "gggg" sound.** We change to a loose movement and explore uvular (back of the throat) sounds. More continuous/free dynamic.
- **Arms and one leg shake, one side and the other, "Shh" sound.** Up to down single shake, we explore simple breath, unvoiced sound. Pulsating and steady.
- **Chest tapping, long continuous tone.** We tap our chests on K27 point and nearby with the fingers and the closed fist. We change to different heights of tone, feeling how the tapping affects the sound.
- **Neck vibrato, long continuous tone.** Now with our hand on our neck we rub, creating a vibrato and looking for the affect in the tone and the body feeling in the area.

- **Going around the body stairs, long glissando tone.** Now we imagine different floor levels in our body, going across them with our hand as a pointer, to differentiate which parts vibrate with the tones, and finding our highs and lows.
- **Continuous shaking, lips and free sounds.** We start shaking from the pelvis and then move into different parts: feet, shoulders, hands...We explore lips sounds (pppp) and other unvoiced continuous (ggg,rrr, etc.) Free space for each one to explore.
- **One proposes, group imitates.** To end the warm up, we do several rows of one person proposing a sound/gesture combination for the group to imitate.

## Part 2: Exercises and games (25 min)

- **Ball of sound.** We imagine in front of us a ball of sound with our hands, like a sculpture that can adopt different moving shapes and textures. Each one has the ball for some seconds and pass it to the next one going across the circle.
- **Fast ball (sound/gesture).** Now the ball becomes a fast and simple gesture, and you can throw it to any other one in the circle.
- **Fast ball transition to slow collective ball.** We begin like in the previous exercise but now the person can decide to stay with the fast ball or start with the slow ball until the end, where each one has a continuous, slow ball of sound.
- **Simple texture as a base for jumping into collective improv.** One starts with a simple material that all the rest can imitate (shhhh, chkchkchk, long tone, humming, etc.) and it goes across the circle, adding every new person. When everybody has started we jump into a collective improv from that starting, collective material.
- **Rybczynski/ Mario's modification with sound.** One person starts doing a path that she will repeat until the end of the piece, with some simple, continuous sound at the same time of the walking(texture, rhythmic, pulsating...), until getting to a place where she just stands in silence, then goes back to the beginning point and starts again. Then other persons and sound paths start accumulating into a collective patchwork.

## **Deep listening/ transparent voices (25 min)**

Everybody finds a comfortable place to be still and relaxed, with the eyes closed. The meditation starts by guiding by voice slowly until it disappears. I try to propose a change of perception, in which all the sounds happening can be listened to in a new way. We listen without categorizing or looking for significant sounds, losing values about good or bad sound, noise or music. We try to just experience the materiality of sounds themselves with an open ear, feeling the whole of the time/space continuum, reaching for an ever expanding state of attention and awareness. We feel the distance and develop the perception to reach the further nuances of low volume or far away sound. How deep can our perception of layers and multiplicity of sounds develop? What trace does the ever changing web of sounds from the symphony of the world leave on us? Can we transform indifference and mind's discourse centeredness for a curiosity and joyfulness for everyday sound and silence and the way we get affected by them? What happen when we realize that we don't need to filter our experience through judgemental mind and just start unknowing to find a reborn sensibility? In silence we come together as much as in sound, silence is not an enemy anymore but a fountain of possibility, unsaid understanding when there's nothing to say.

From this state of deep listening we start bringing our voices in, slowly. The challenge of listening and sounding at the same time. Can we make our voices transparent for each other, can we join ourselves with the rich soundscape that surround us? The sound all around becomes an inspiration for voice production, our voices and ears and bodies are in the world as much as the world is in them, sharing matter and creativity. The tactility of voice, the ear-body, the kinestetiks of listening and singing. The air as the medium and organism in which we are immersed, thinking through us, going through us and joining everything in its waves and currents.