

## **SOME REMINDERS FOR EMBODIED PRACTICE...** from Niki André

### **STRETCH, CENTRE, BREATHE**

Enough said.

### **NOTICE *ALL* YOUR SENSES**

What do you see, hear, smell, taste, feel how do you *feel* (inside), right now?

### **PRACTICE RITUALS THAT ENGAGE ALL 6 SENSES**

Practice regularly to foster bonds and create share memories. Invite and share “the whys”. Re-member the personal, cultural stories behind the traditions and symbols

### **WEAVE YOUR DIVERSE STORIES**

- in interactive movement, spoken word, song...
- in ways that can be mutually influenced and informed by all.
- in ways that share “the whys”

### **SHARE SENSE-STONES**

See page two

### **KEEP AT IT**

“Practice and all is coming.” - Pattabhi Jois

## SHARING SENSE-STONES

by Niki André

Choose a symbol of your culture to share. Bring something for which (at least) ONE of the following is true:

- reminds me of my cultural community when I smell it
- connects me to my culture when I touch it
- makes me think of my cultural community when I see it
- sounds like my culture
- tastes of my culture

### **Consider..**

The place/s to which you can trace your cultural roots and/or what makes your culture distinct. Is there something about your culture you wish more people knew or understood? Let this inform what you bring to share.

Exchange sense-stones with your neighbour. Savour, without words.

- Introduce the symbol. Then, let your neighbour experience your sense-stone sensually: “This fabric reminds me of my culture when I touch it” (without further explanation)
- Silently note how your partner's sense-stone makes you feel inside

*Then, Share the why*

- Reclaim your own sense-stone; take a moment to experience it sensually and silently note how your own sense-stone makes you feel.
- Share this feeling with your partner, then, tell them why “This makes me feel grounded when I smell it because...”