

## Workshop Swept away

### 1. Swept away....

8.10

...over lapping...

touch the room with your voice... let it be really tactile

explore the sounds you have in you today...move around if you want...

let your sounds extend... direct them in the room....

maybe you just drop your sounds on the floor....

maybe you past one on the wall... or in the roof....

take a moment and just sense ...what is your ground tone today?

make it really long....short...soft...stiff...dry...wet....play with it...

let it become a sound...let it move you...

now you start to take in the others...

2 and 2....

You give sounds and recieve....

gathering circle...

making sounds....go rounds...

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Take 2 minutes to reflect

What sound do you think of when you think of UNKNOWN?

1. Everybody presents their sound/their story....

2. Imagine that we now create a portal for the Voice to the Unknown.