

Schedule

SUNDAY 9:30-13:00

Check-in: *What's your mood (four rounds: a gesture, a gaze, a sound, a word)*

★ **Yes-No game**

- Practicing the awareness: does it feel opening or closing?

Consensus → [see below](#)

★ **Overview of Flupsi's approach**

- Background: bodies in a war zone, hegemony of violent binary codes
- Tools: thinking with shells, how to temporarily suspend an assumption
- Motivation: to practice other ways of being body with each other, other ways of limiting

★ **Opening ritual and warmup**

Self-massage (whole surface), massage the floor (surprise the floor)

Presence: Fake Butoh exercise


Small and large shells around your body, connected shells, an ocean of shells

Recheck-in: *Did your body change?*

Presence-butoh-stage exercise, this time with closed eyes


break

① **Self replacement**
against essentialism



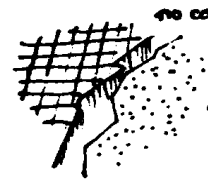
changing mark
= changing body
*The Real is not behind the mask
but between the masks.*

② **Hybridity**
against genetic predetermination




space without origin
space for other ways of
relating and moving

③ **Gap**
against positionism



no continuity
= no protocol
↓
do how you feel.
judgement is
impossible
anyways.

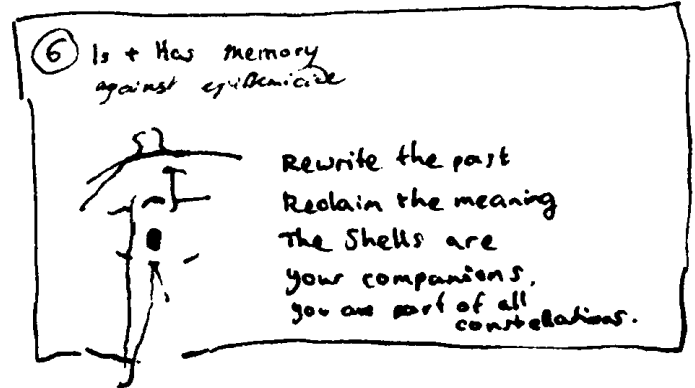
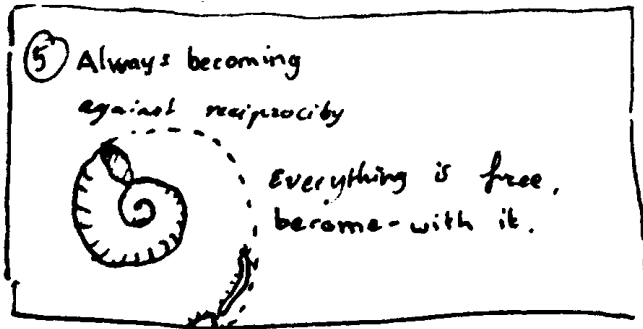
④ **Sea of information**
against field boundaries



abutt:
leak, ripple, infect

Impro Jam

Introducing the prompts that support your improvisation



★ First round

- Pull a prompt from the shell to get started; change the prompt when it feels exhaustive
- Mingle in the middle; refuge in the antechamber; sanctuary in the corner
- Closed eyes

Recheck-in: *How did you navigate? What would you love to try out?*

- For example, Counterpoint singing and second round with singing

break

Closing

Recheck-in:

- *Was your perception of bodies different than what you experience in everyday life?*
- *How did you navigate encounters?*
- *What worked for you?*
- *What didn't work for you?*
- *Did the experience raise questions you are curious to explore more?*

★ Cooldown and Closing ritual

Check-out

- You'll receive a little after care manual

Afterwards, you are invited to join me in a cafe and talk about how the experiences and approach relate to your liberation/resistance/organising practices.

CONSENSUS

- Whenever you feel you are afraid or blocked, feel free to share it. Either choose to try out grounding and breathing to overcome it, or to go out of the situation into a safe spot. We agree to support whatever your choice will be in the moment.
- To make the experience nurturing, share your needs, requirements and desires with the group, also if you don't want to, or can't, explain them.
- Sunday is for experimenting with other relations, with no-image. Even if we know each other, we can use this day to relate as if we didn't know each other. (As far as that works for us). We try to keep it separate from whatever relation we otherwise have. It's an invitation to suspend managing other people's image of you, and to suspend your own body images.
- Go where the flow is. First, you ground, then you may or may not feel some flow in you. When you feel it, share it. No need to force it; no need to worry about what the partner may expect; just go into contact only when you feel like.
- First, trust your body. Second, trust the process.
Your boundaries and resourcefulness will change during the practice.
- We will establish a frame of consent in the beginning, and then rely on this frame the whole time.

QUESTIONS I asked all participants in advance

- Any questions concerning the invitation?
- Any anxieties, worries or concerns you'd like to address?
- Specific needs that can help me reduce barriers?
- Familiarity with consent and how to make a safe space, experience with naked bodies
- To what degree are you interested to explore limits and boundaries of yourself and of others?
- Anyone you know, or group, should also be invited?