

56. Body Sculpture

There really is a kind of safety in numbers. This is a free-flowing activity because everyone is up and loose and in a state of anticipation—there's no right or wrong. We know we are in process and the result is not under our control. It's an exploration, a creation, a collaboration, a mystery. In these ways, it is like every piece of deep and authentic writing. Starting with a word, a feeling is triggered. If one person takes the stance to begin, others will lose self-consciousness and follow. So shout out your theme: Inspiration! Vacation! Or homework! And ask everyone to just go!



Breathe

1. Always breathe in and out through your nose.
2. Place your hand close to, but not on, your belly near your navel. Inhale. As you do, gently push your belly toward your hand.
3. Exhale. Pull your belly in. Imagine your navel touching your spine.
4. Do this three times.
5. Return to normal breathing.

Stretch

1. Gather together in the group. Pick a theme: an emotion, activity, or concept; e.g., Happiness, Hurt, Healing, Sadness, etc. Shout out the word.
2. Make two groups. Assign someone in Group 1 to begin by striking a pose.
3. Build on that pose by having everyone in Group 1 in turn add on to the pose when they are inspired. Sculptors can use hand, foot, or shoulder contact. Group 2 observes.
4. When the sculpture is done, hold it for a moment. Take a photo if you can.
5. Switch groups so Group 2 builds the sculpture and Group 1 observes.

Write

1. GROUP POEM
 - For five minutes everyone writes.
 - Each group shares writing within the group.
 - Groups present to each other.
2. A LINE A PIECE
 - The group chooses one line from each person to create a group poem.
 - Groups present to each other.
3. TOGETHER

As individuals, write a piece called “Togetherness Can Change the World.”

Fitness Tip

- Specifics!
- Senses!
- Clarity!
- Truth!