

June 15, 2012. Morning session Local Workshop Budapest
Tamás is leading a part of a class

sensory work

inhabit - the - floor - by laying down from walking
touch, just be there with it - in it
stay with the receiver → begins moving - follow

progression → move into and away from touch
joined pairs - more people

breathing silence – smooth narration – offering guiding



becomes a dance

walking → going into the floor → touch → communicate - listen / follow the dance
stay longer - leave

keep on leaving - reverberation of the multiple touch → solo form

reflection:

*my point of view – as full participant – then leaving – changing my position
connection between the video viewfinder site*

embodied presence

*writing from looking / sensing back – body recording – my inner visual image is the
sensation*

great to be able to read it → makes sense ? → understanding? by others (?)

what do we all do here?

*I feel rest is needed – the ground is inviting – deeper → deeper – going deeper →
I feel a touch on my head (again, again; during this session the third time)*

what is in (with) my head – too much thoughts

noticing patterns of thoughts – about the possibility of sharing my body document

*wish to place “nerve – memory” into my l...eg (right knee) → how the brain of my
knee can look at what had happened to me or*

real time recording with my knee
the Value of being in it → can be shared in what ever way – quality emerges from

That

need of documenting as a creative act – thinking about the tool which you use →
where the doc is projecting

discussion:

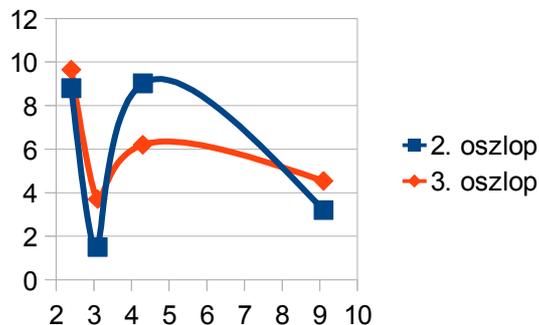
what if documentation is a geometric system – we could say the the horizontal line
is a descriptive (objective) line of the process itself (linear time)
the vertical line is the subjective experience of the process

and where these meet (like the points in the diagram) are the documentation itself,
although my experience is never linear nor my memory of my lived experience

but Zoltán says that since the subjective always changing shifting traveling the
whole document is also “waving”changing, shifting....”

Eszter: would be better in a 3d image or more like a weblike diagrammmmmmm

the question is how to build this system (means online platform) in order to reflect
its complexity?



(numbers are not needed, just that the horizontal is the descriptive and the vertical is the subjective)

other issues:

- since the work (Tamás teaching material) was familiar what became important is the unfamiliar within the familiar (beginners mind)
- subjective experience calls and brings out the objective (the material)

the doc is created (mostly) from the memory –

→ my memory is very subjective – like a window opening up the objective

nature of doc – active / passive – if a doc brings out activeness or passiveness – is
a ?

Eszter's thoughts: interest for her in the descriptive doc is to be able to recall for

*later use, knowing sg in order for not knowing
what is a documentation? In connection to this!*

*Doc is something like a new creation! Doc is when sg can be active or impulsive!
Successful doc depends on how your creativity can be there → what is its goal?
Intention!!!!*

the teaching process itself – its the diversity – defines the nature of the doc

*creative teaching method already builds on / assumes the creative reflective mode
of presence – somatic documentary.... how this can be grasped on the website?*

For example: BODY SPACE IMAGE – Miranda Tufnell – Chris Crickmay



<http://www.mirandatufnell.co.uk/workshops/chriscrickmay.html>

*and the discussion went on and on and on in Hungarian and English sometimes with the Vera
behind a camera, or someone took a picture...*

so much ... inspiration ...

Budapest, 15. June, 2012.

after lunch