

DANCE PIECE :

**Swim in your dreams as far as
you can until you find an island.**

Tell us results.

(Yoko Ono)

CONFESSIONS ON THE DANCE FLOOR :

Write few sentences on something that...

... you would never want to do again.

... bores you.

... made you cry.

... you will never forget.

... inspires you.

(Defne Erdur, TOWARDS DOCUMENTATION, summer 2016)

CRITICAL MIND:

**Take all the time you need under a tree or a cafe or
by the beach to write about three things that disturbs you
in a dance class.**

(Defne Erdur, TOWARDS DOCUMENTATION, summer 2016)

POSITIVE THINKING :

**Think about your favourite dance teacher and make a list
of all the positive things about his/her teaching,
her personality...**

**Check in with yourself and put a little + on the items
that also is true for yourself.**

(Defne Erdur, TOWARDS DOCUMENTATION, summer 2016)

DANCE PIECE VIII :

Imagine one thousand suns rising at the same time.

Dance in the field for 11 minutes.

(Sabina Holzer, summer 2016)

WISH PIECE :

Make a wish. Write it on a postcard.

Send it to a beloved friend.

Ask her/him to do the same.

(Sabina Holzer, summer 2016)

TELL A STORY :

Open your sound recorder.

Tell a story about an unexpected thing that happened in one of the sessions/classes. You have only 3 minutes.

(Defne Erdur, TOWARDS DOCUMENTATION, summer 2016)

DIALOGUE WITH THE TEACHER :

Take a moment. Write the name of the first dance teacher that comes to your mind. Write all you can think about him/ her in 15 minutes. Take 3 minutes break. Divide the page into 2 and start a dialogue with that teacher: right side being you, left side being him/her.

Write for 15 mins. Take a 3 minutes break.

Write what that teacher maybe thinking of you in 15 mins. Take a 3 minutes break. Write on sentence to that teacher and send it by mail.

(Defne Erdur, TOWARDS DOCUMENTATION, summer 2016)

DANCE :

Define what dance is for you. Define what teaching is for you.

Proofread for mistakes. Re-write it,when ever you want.

(Defne Erdur, TOWARDS DOCUMENTATION, summer 2016)

THEY SAID :

In all the sessions/classes I have attended they said.....

(Defne Erdur, TOWARDS DOCUMENTATION, summer 2016)

REFLEX OUTREACH - THE MAGICAL POETRY OF EVERYDAY

TOUCH POEM:

Paint you finger tips with color or a substance (lipstick, chalk, ink, food).

Write a postcard with the lines of your fingerprints.

(Sabina Holzer, summer 2016)

RE-VISIT EXPERIENCE :

Take 3-5 photos in a session/class. Revisit the images the next day.

Write a paragraph under each image.

Make sure you do not use any verb that repeats itself.

(Defne Erdur, TOWARDS DOCUMENTATION, summer 2016)

CHRONOLOGY COMPOSITION :

After a dance class you attend, write step by step what happened in chronological order in maximum 10 steps.

Read what you have written and add 10 more steps in between the previous 10 steps. Ask a friend to pick up random numbers from 1-20 and re arrange the order of sentences according to your friends choices. Read the new flow of the class.

(Defne Erdur, TOWARDS DOCUMENTATION, summer 2016)

DANCE PIECE:

**Sit in silence for 21 minutes and watch the movement of your surrounding:
the light, the colors, the wind, the things, the people.
Close your eyes and make a drawing on a postcard
till a word appears you want to write down.
Send it to a person you miss.**

(Sabina Holzer, summer 2016)

FOCUS ON 1 WORD:

Pick a session/class to attend. Choose one word from the descriptive text about this session/class.

Enter the class with that word. During the class get to your paper & pen / notepad in every 20 mins and start free writing with the word you chose. Write for 1 minute.

Enter back to the session. Repeat every 20 mins.

(Defne Erdur, TOWARDS DOCUMENTATION, summer 2016)

WISH PIECE:

**Create a score to brighten up your day.
Share it with someone. Act it out together.**

(Sabina Holzer, summer 2016)

BICYCLE PIECE FOR IMPULSTANZ:

Ride your bicycles anywhere you can in the Arsenal area.

Do not make any noise. Do not say any word.

(Sabina Holzer, summer 2016)

DANCE PIECE:

**Ask a stranger to take care of you, when you walk around
with your eyes closed for 21 minutes.**

(Sabina Holzer, summer 2016)

DANCE PIECE X:

Think of all your movements in life as dance movements.

Breathe, watch, listen, touch and move between the earth and the sky.

(Yoko Ono, Acorns, publication July 2013)

SHADOW PIECE:

Make shadows - still or moving - of your own body or something on the road, wall, floor or anything else.

Catch the shadow by some means.

(C.Shiomi, 1963)

SOCIAL PROJECT:

Find a way to end war. Make it work.

(Jackson Mac Low, 1963)

DANCE PIECE FOR IMPULSTANZ:

First: Write your manifesto in the water of the pool at Arsenal.

Second: Go to someone and whisper some words of it into her/his ears.

Third: Let yourself be moved by your manifesto into a short dance.

(Sabina Holzer, summer 2016)

TOUCH POEM FOR A GROUP OF PEOPLE:

Touch each other.

(Yoko Ono, winter 1963)