



photo credit: anne colvin

FIRE

Fire is from the second series of four wellbeing cards to collect. They were created by dance artist and creative practitioner Anne Colvin, in partnership with South East Dance. We hope they inspire you to connect with nature, to be curious, explore and to share your ideas.

CONNECT – Find a comfortable place to be - sit, stand, lie...

Imagine the warmth in your pelvis and the energy it holds, perhaps placing your hand on your stomach as a reminder. Imagine it as a ball of energy, glowing. Begin making circles with your pelvis and feel the energy expanding. Transfer that energy to another part of your body, perhaps your shoulder, wrist or ankle. Play with circling this ball of energy, letting it shift to different parts of your body. Imagine the journey the ball of energy is taking and allow it to expand your movement into turning or travelling, if that feels right. Reverse the process, slowly coming back to that central glow in your pelvis.

NOTICE – Take yourself on a real or imagined journey in nature.

Look for the energy in the buds, flowers and berries as you pass. Imagine the patience of the bud as it waits to burst open. See the openness of the flowers feeding from the light. Sense the weight of the berries ready to be picked. In your mind, map your journey, shifting between these sources of energy.

CREATE – Have a fire day!

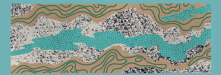
Think of the colours you most associate with fire - oranges, reds, yellows... Gather clothes and objects of these colours. Decide how you would like wear them or arrange them in a space in your home where you receive the most light. Consider making some warm spicy food to nourish you on your fire day.

Created as part of The Welcome Project, getting more people dancing in the lead up to the opening of The Dance Space, the South East's new home for dance. If you would like to find out more, please email Luan and Lauren at: creative.communities@southeastdance.org.uk or call us on 07483 098848.

imprint is led by Anne Colvin, with activities and performances that connect us to nature through creativity.

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