



photo credit: anne colvin

AIR

Air 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 - in an upright position.

Feel the weight of the pelvis dropping, your legs heavy and your feet feeling rooted to the surface underneath. Breathe in and out through your nose. Feel light, flexible and fluid in the ribcage and create a gentle sway of your upper body. Let your breathing take the lightness into your upper arms, floating them upwards into the space. Feel the lightness in the fingers, curious to find the air above and around you.

NOTICE – Sit by an open window or find somewhere quiet outside in nature.

Notice the breeze and how it meets your body. Where do you feel it first? On a cheek, your neck, the back of your hands? How does your body want to respond? Notice an element of nature. Some grass, a flower, the clouds? How are they responding to the movement of the breeze?

CREATE – Look at the photo and notice how the wind has influenced the shaping of the tree.

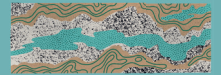
What could be the tree's story of its relationship with the wind? Write it down. Read it out loud a few times, emphasising the words that connect most with the wind. Notice how you move as you do so. How does your movement match the words? Make these movements stronger as you tell the tree's story.

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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