



photo credit: zoe manders

AIR

Air is the first in a series of four wellbeing cards to collect, 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...

Breathe in through your nose and out through your mouth, feeling the ribcage expanding and contracting on each breath.

Look around you as you breathe, taking in the space with your eyes, and imagining looking further into the distance as you do.

NOTICE – Find a place outside that feels open and spacious.

Look around you, into the distance and up into the sky. How far can you see? Notice how things are moving... the birds, the clouds, the treetops.

How does doing this affect your breathing, how the muscles and bones of your body are resting or moving? How are you connecting with this space?

CREATE – What words come to mind when looking at the photo?

Choose a few and write them in the centre of separate pieces of paper. Place these where you can be reminded of those connections, stopping to notice and remember. Eg. by the front door, on a shelf. You may find more words or some images that you'd like to add to these pieces of paper over time. Maybe there are movements that correspond with these words. Try some.

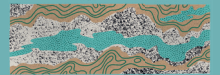
Created as part of The Welcome Project, getting more people dancing in the lead up to the opening of The Dance Space, the South East's new home for dance. If you would like to find out more, please email Luan and Lauren at: creative.communities@southeastdance.org.uk or call us on 07483098848.

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

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