

**Each session is developed around a theme where reflection invites embodiment.**

### **The body of sound**

Sound as sensation  
Dwelling and journey: note and melody, vibration and flow  
Anchoring and migration: attractions  
Gravity – balance – traction

### **Sense, presence, and perception**

The three senses: sensation – orientation – meaning  
Substance – form  
Listening  
Presence and its qualities  
Desire  
Linking presence and desire  
Attention from detail to wholeness

### **Rhythm and qualities**

Call and response – evocation and invocation – doing and following  
The right action – uniting the living with its environment  
From dense to subtle – expansion of embodiment

### **Creativity and expression**

Novelty and familiarity  
The process: impulse and movement  
Constraints and conditions: support and structure  
The Self and the context  
Acting – an event

### **Interiority and emotions**

The interiority of action  
The seductive states of action  
Affects  
Softness - caring

### **Poetic experience**

Inspiration: creative materials  
Composing: from embodiment to expression