

NAME of activity	« The source »
duration	30 mn
audience	From 8 years old 8 - 40 participants
Pedagogical goal	Body awareness, work on a fluid and soft energy, and learn how to cut it. Contact with earth, consciousness of our weight, self relationship.
Description	<p>Everybody in the space (outside) with closed eyes. We breath with earth, inspire from our feet to our head, and expire back to our feet. We search the water with our toes, going on, cm per cm, thanks to the contraction of our toes. We search the energy of earth. When we find a strong point of energy, we stop and go and take water from the depth of earth. We feel this water climbing from earth to our toes, feet, legs, pelvis, belly, back, head, arms. Our arms go up as branches of a tree. The water climbs until our hands and fingers. Our fingers become water sources. We take time to feel all this water inside of us.</p> <p>Suddenly, our verticality breaks down. The neck, knees, chest sharply bend with head between our knees. We breath in this new posture and try to feel our emotions.</p> <p>We make everything again 3 times.</p> <p>Other possibility : the flower ; Closed eyes. We imagine we are a flower. 2 kinds of movements : the flower opens, or closes ; with 3 phases : 1st, we fall on the floor, with as less movements as possible. Then we get up again, still with as less effort as posible. First time the flower opens, it is young and fresh. We feel youth. Then we fall on the ground, without effort. We stand up again. This time, the flower is more mature.</p> <p>Third time : the flower is dying. We fall for the last time.</p>
Material	None. Naked feet
Space	Big enough. Outside. Sand, grass
Comments	Work of evolution of a same energy. Life and death cycle
Restitution	Preparatory exercise that allows to understand the changes of rythm and state. These 2 exercises come from butos technics.