



TAKING SPACE: PERSONAL FIELD OF VIEW, FOCUS AND LATERALITY

PURPOSE:

This exercise is a way to become aware of what surrounds us within the limits of the visual field. We are used to a frontal view, so we often forget the laterality of the view.

DESCRIPTION:

The conductor invites the participants, standing still, to take as much space as possible.

The body must be flexible, the arms and legs bend, the neck is soft.

Participants try to take as much space as possible, pushing each part of the body as far as possible from themselves, with movements that give the idea of creating a bubble around them.

After a while, the conductor begins to "block" parts of the body, thus decreasing the reachable space.

It starts with the arms, which remain still close to the body, without being able to move them (the extreme point will be the head). The next step is that the legs cannot be folded and therefore the space will still be reduced.

Then the pelvis also stays still.

The conductor can propose an image of being immersed in the sand, which slowly rises up to the pelvis, leaving only the torso free to move. The sand then blocks the shoulders and movement is limited to the neck. The head is then also still.

Now the director can ask to the players how space can be taken while standing still. The answer is the look.

At this point one tries with the eyes to look at the extremes, upwards, downwards and to the sides, without moving the head, and also by doing the rotation of the eyes

Now it is suggested, to widen one's visual field, to do the following exercise: with eyes still, gaze forward, stretch your arms forward, pointing the index fingers upwards. Slowly extend the arms, always trying to look at the fingers, keeping the gaze steady, until you reach the maximum possible opening (which will not be the same for everyone).

It is asked to leave the arms along the body and to keep the eyes open, trying to keep the focus. Participants are asked to see and memorize what is around them: below, above, to the sides, colors, shapes and people (always keeping their eyes still and taking advantage of the opening previously reached).

You leave the necessary time and then you are asked to close your eyes and "see" the stored image with your eyes closed.

You leave the necessary time and ask to stay with your eyes closed.

The conductor of the game will go and ask a participant to say what he sees, even using his arm to point.

Upon hearing the answer, the participant is asked to open their eyes and verify what they said.

They are then invited to go to a partner and do the same.

Then, each participant will tell what they saw and ask another to do the same.

OBSERVATIONS:

It is an exercise that requires silence and an effort of concentration.

When the eyes are closed, the participants are invited to feel that they are taking the whole space within themselves and at the same time to occupy it all in stillness.

After the exercise it is good to massage the eyelids.

SOURCE:

Training Pierre Byland