



4. Take the space/field of view

Learning Objectives:

- The exercise helps to become aware of the space that surrounds us, paying particular attention to peripheral view. Even in immobility I can "take" a space that goes beyond what I occupy with the body.
- Become aware of your own "stage presence".
- The exercise is preliminary to the game "Improvisation with a partner on the side" and to the creation and execution of rhythmic sequences (gestures or articulated actions) in couples or groups.

Materials: /

Description:

The workshop leader invites the participants to position themselves in the room, distancing themselves from each other.

The workshop leader asks the participants to stretch out in all directions with their arms extended, as if to "touch" with their fingers the ends of an imaginary bubble, as large as possible, which surrounds them. The whole body must be flexible, the legs bend, the neck is soft.

After some of this "exploration", the workshop leader starts placing limitations on the use of body parts in performing the same exercise.

First limitation: the arms must remain still along the body; the extreme point will then become the head.

In the next step, the legs will no longer be able to bend and therefore the "occupied" space will further decrease.

Subsequently, it is requested to immobilize also the pelvis and to move only the upper part of the body. Can be offered as an image that of being immersed in the sand up to the basin.

The sand then rises up to the shoulders: only the neck will have freedom of movement.

Then the workshop leader invites to immobilize also the head in a frontal erect position and asks how the space can be "taken" and "occupied" while remaining motionless. The answer is the view.

At this point, without moving your head, people are invited to look at everything visible: near, far, up and down, to the sides, even rolling your eyes.

Then everybody is asked to immobilize their eyes, continuing to look ahead.





The following exercise is therefore proposed to become aware of one's visual field, paying particular attention to peripheral vision: looking ahead at the horizon with eyes still, stretch the arms forward with the index fingers pointing upwards; slowly spread the arms, continuing to look at the two fingers with steady eyes, until they are visible (the opening is not the same for everyone).

Participants are therefore asked to leave their arms alongside their bodies and to keep their gaze open with their eyes still, without losing the sharpness of their vision, and therefore to try to memorize everything they can see (people, objects, colours, shapes) in the foreground, far, above, below, to the sides.

After leaving the participants the necessary time, they are asked to close their eyes and to "see with their eyes closed" the memorized image. It is suggested to experience the sensation of being able to carry all the space within themselves and at the same time of being able to occupy it all, in complete stillness.

The workshop leader asks everyone to keep their eyes closed and then he will ask a participant to say what he "sees" with his eyes closed; (the workshop leader can also take the participant's hand to indicate a point in space and ask him: "Who is there? What object? What color? And further back? And higher? ..."). He then asks the participant to open his eyes to check how much he remembered and how much he forgot. Then he invites him to do to one of his companions what he did with him. And so it will be in succession with the other participants: being asked what he/she remembers and asking another. It is important for the participants to keep their eyes closed until the "check" with a companion.

Observations: it is an exercise that requires silence and a lot of concentration.

After the exercise it is good to massage the eyelids lightly.

