

The Elements of Relational Flow

Fundamental Interconnectedness
(connecting bodies, always feeling to be a node inbetween streams)

Reciprocity
(yin and yang: a mutual giving and receiving – of care, impulse, volume)

Earth and Air
(grounding and volume, the midline and the spiral)

Multiple Attention
(movement's trajectory unfolds between more than one specific positional focusses)

360° Receptivity
(receiving all the bodies' positions around you)

Caring for Cohabitants
(being present in the act of caring, allowing your energy to make contact)

Decentered Body
(movement quality comes from multi-directional pulls and paces of different body parts)

Pulsatory Rhythm
(inhaling: build-up, exhaling: drop)

Balancing
(keeping subjective movement tied to a relational stake)

Availability
(maintaining a state of readiness to care for whoever crosses one's path)

Panoramic Field of View
(seeing specifically, meeting the outside)

Arrival of Care
(in order to be received, care needs to be recognised by the one being cared for)

Infinite Flow
(moving from relatum to relatum, like swinging on vines)

Texture Transitions
(from vital floating to shifting centre of gravity on ground, both with a relaxed basic muscle tone)

Prose and Poetry
(drawing attention to an existing spatial relation vs creating a new one)

Listening with all Senses
(conscious kinesthetic perception – receiving, not searching)

Back Space
(being present in the space behind you)

Being Compassionate
(without being personal)

Time of a Landscape
(installational space)

Receiving from Inner and Outer Space
(in one's body, and between bodies)

Resonance
(using momentum, landing a movement, letting go, easing out)

Body Gaze
(a gaze that radiates from the whole body, allowing to be looked in one's eyes)

Permeability
(allow feeling passing through)

Building up Trust
(feeling safe)

Scale
(movement can move between bodies, in a body, or in a body limb)

Changing Dynamics
(acceleration and deceleration, multi-relational groove)

Turning Points
(between assertive and receptive phases)

Including Bodies in Constellations
(interspaces, using "doors")

Fluctuation
(taking turns, getting on and off without stopping the Flow)

Tactile Space
(providing a sense of concrete physical relationality with others and the environment)

Diversity of Species
(heterogeneous and vagile characters inhabiting a landscape)

Relating Spatially
(no instant reactions to individual actions, no synchronising, no coupling)

Group Fields
(creating a temporary common space which includes the bodies within it)

Moving in the Present
(experiencing current reality, here and now)

Space Walking
(arriving on Earth with every step)

Exploring the Unknown
(seeking for new movement)