walking to Δελφοί

Or can it BE, d in g anc ? [!]

Or, perhaps we will B E breathing together in Delphi? [ahh] I e t it out... and n o w, draw it in.

sigh, let yourself become supple, let yourself feel

{to feel is to listen with our bodies}

Spacing Place

Orienting the Self through sensual awareness

how can we as practitioners, agents, and actors in our webbed world weave 'in' a practice of awareness and orientation in our s p a c e t i m e?

are we attending to the self becoming a part of the WHOLE? are we able to attend to other 'parts' connecting bringing n e w n e s s?

How are You ORIENTING yourSELF in these spaces we traverse-transverse?

engaging the

senses inviting s h

a d o w play

balancing the polarities

mapping with knots

kneading the p a t h s

to build a receptiveform:

A New Kind of Sensual Practice.

Walking is seeing with feet Hearing with rhythms, pacing space

Can we create a shareable threadmap with our movements [?] Can we feast together, newly, with our senses within the ever changing space of spontaneity [?]

∞ full lunar walking in Δελφοί July 19th

∞ 60-minute sensual kneading/knotting morning stroll around dawn