

and exterior landscapes meet.

Tracking drifting thoughts in the topography of our identity where interior

Conceived and written by Julie Lebel

BOOKLET

www.driftwalk.org

Drift-Walk

Thank you for your participation! Date: _____ Place: _____

Your name: _____

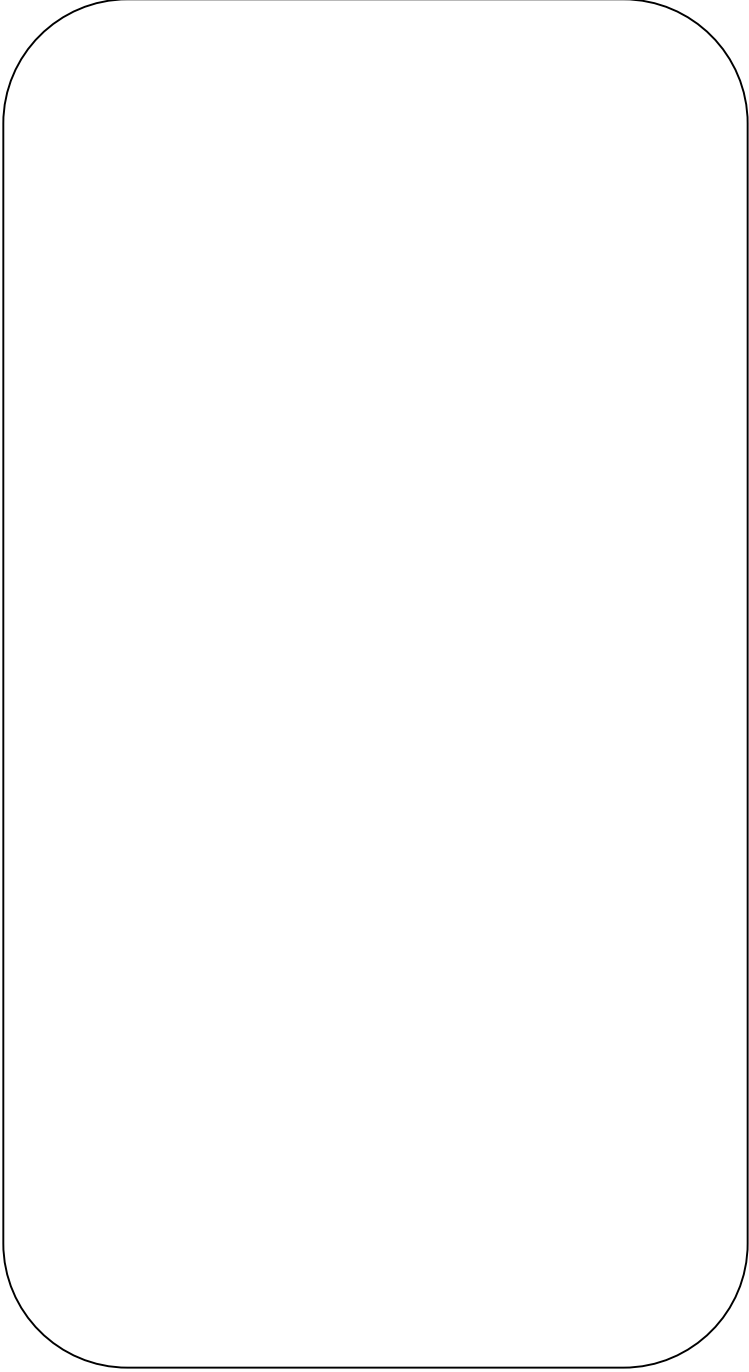
tel: _____ email: _____

To share your booklet with the author pleas mail c/o Julie Lebel, The Dance Centre, 677 Davie St. Vancouver, BC, V6B 2G6, Canada. Please write your address here:

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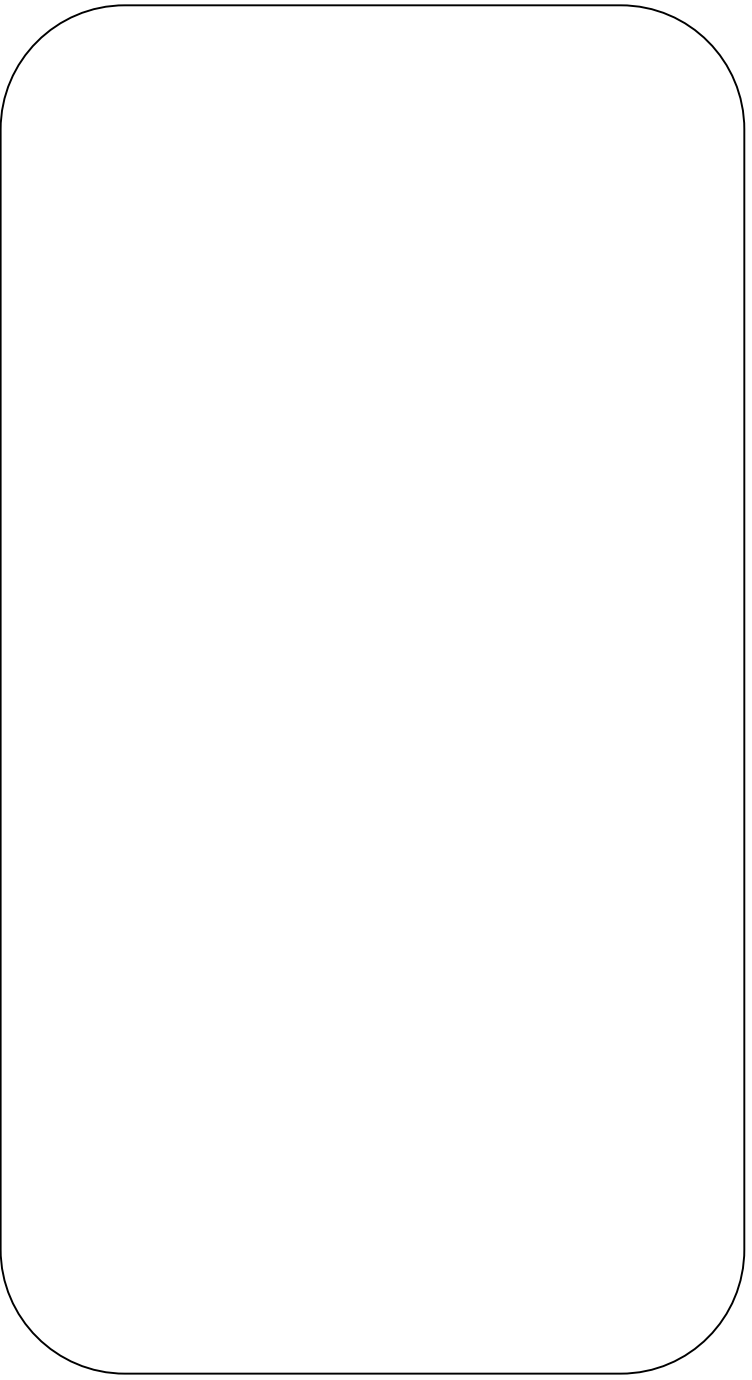




You will find in this booklet a variety of suggested exercises, games and departure points. The goal is to make it yours instead of trying to comply with every rule. Take the liberty to find your own way of living this experience. Take the time to choose. It is possible to answer one question many times. Do it. Use the free pages. You may want to go back to a place you have been earlier in your walk. Do it. Read the whole booklet in advance or open it while you decide to pause in your walk. Please take comfortable positions when you decide to stop.

To arrive

Between the moment where I went out and the one I truly arrived, a series of events happened. I exited my house, I used some transportation method, I travelled some distance more or less familiar. I found my vertical position again, my balance. I shook my body to bring circulation back to my limbs. I opened my eyes on my new environment. I oriented myself, positioned myself. I identified elements, landmarks and potential directions, evaluated my level of comfort and verified if I had with me everything I needed for my journey... And then, maybe, I truly arrived to a point of departure. What do I leave? Where will this walk bring me? In my perception, is this location already charged with a story, Memory, marked by something?

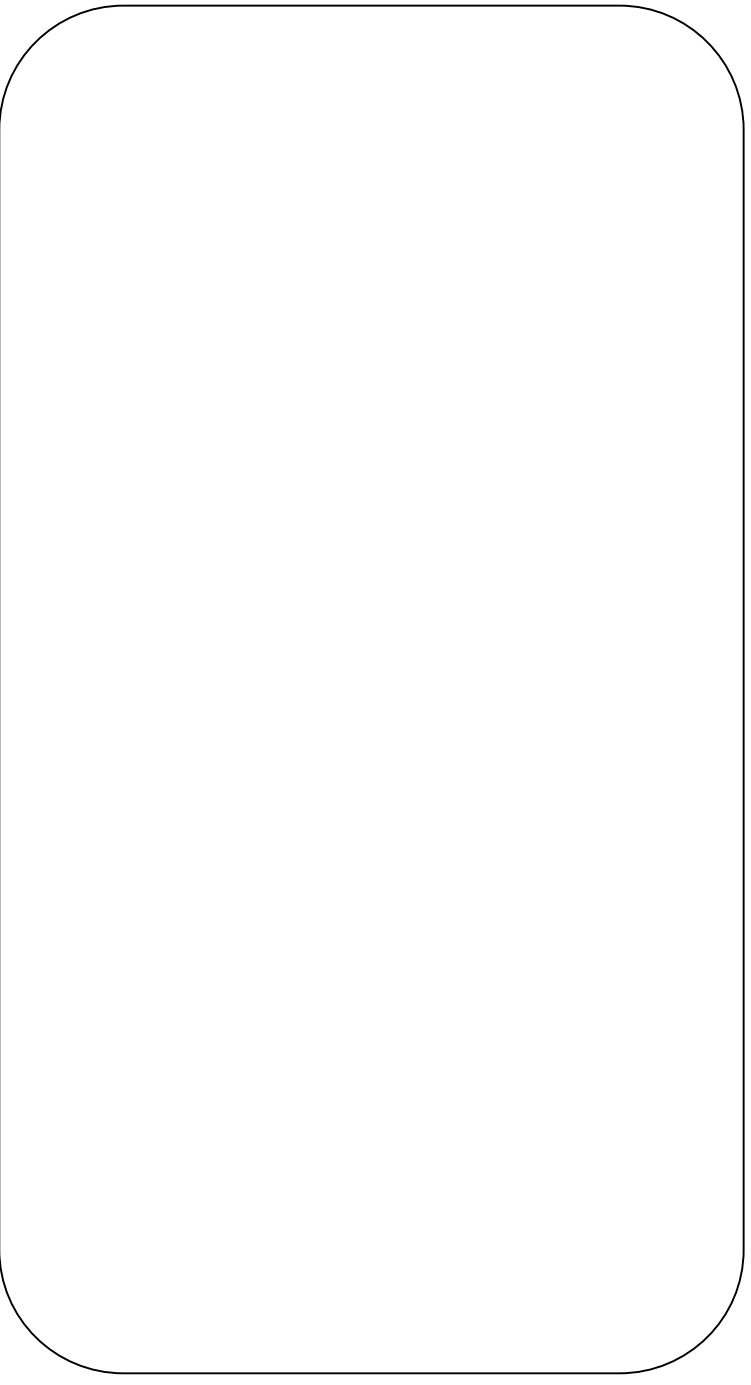
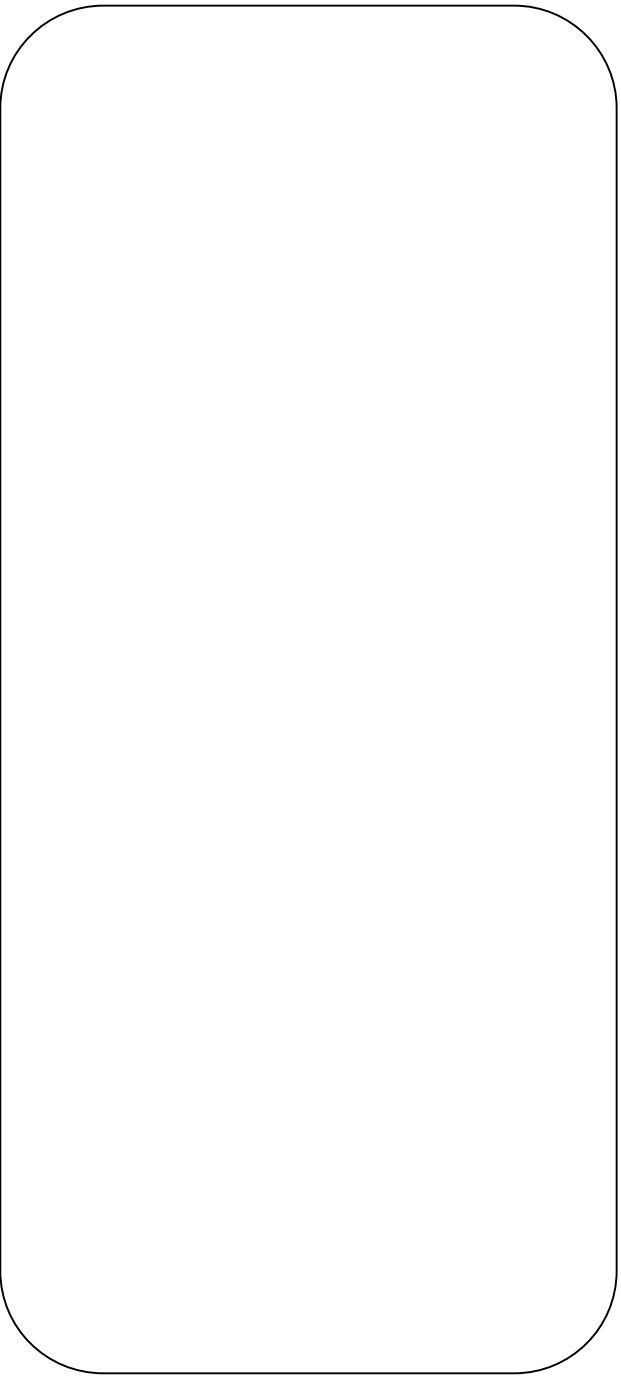
A large, empty rounded rectangular box with a thin black border, intended for the user to write their response to the text above.

A large, empty rounded rectangular box with a thin black border, intended for writing or drawing.

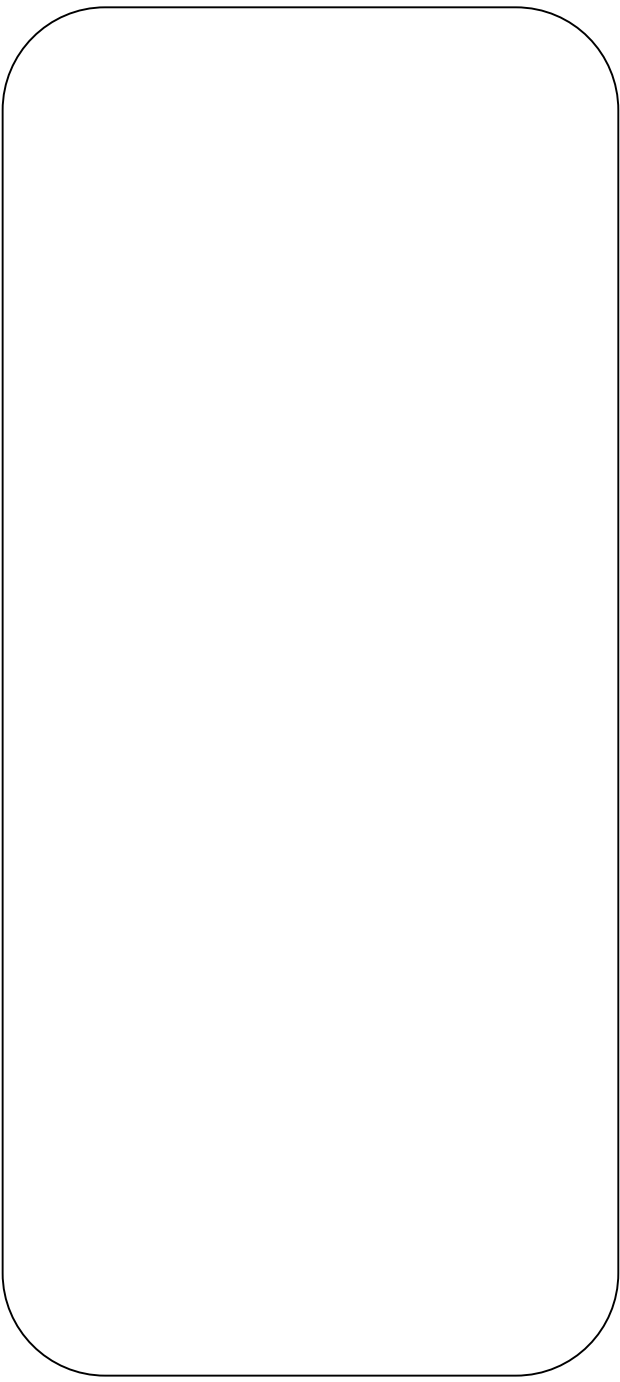
And you, how do you arrive? How does it happen?

A large, empty rounded rectangular box with a thin black border, intended for writing or drawing.

Look at something close, in detail. If the memory of that image or this object could live somewhere in your body or be worn as a kind of talisman, where would that be? Describe and/or draw.



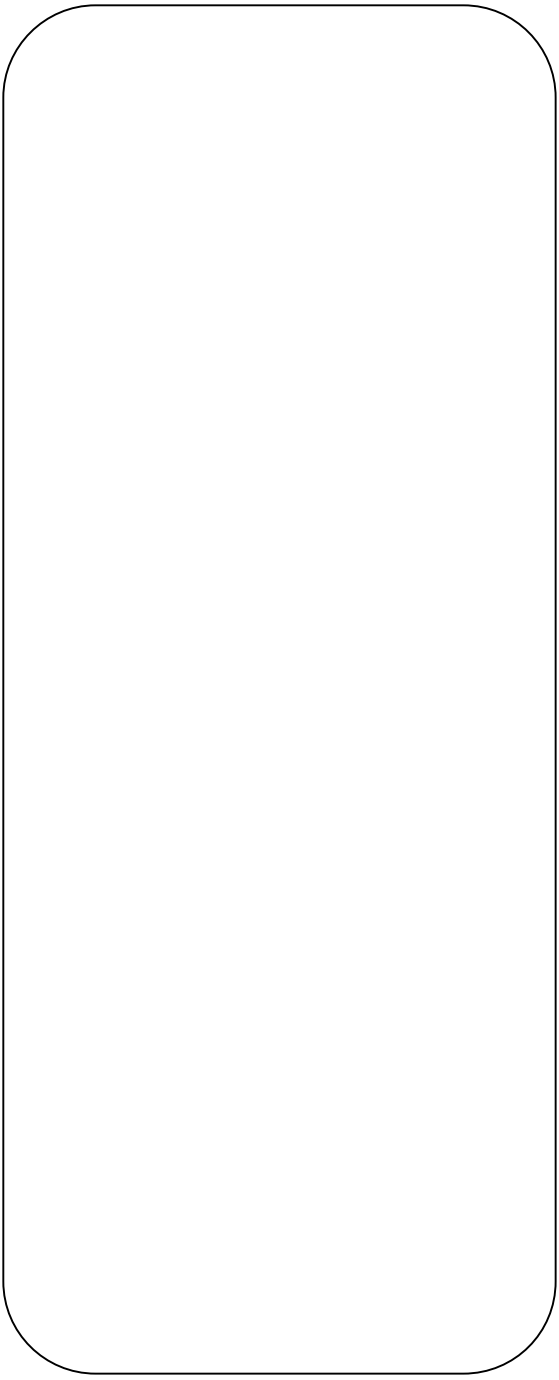
Leave a trace (non-permanent) or find objects and dispose of them somewhere else, in a new order. Describe and/or draw.



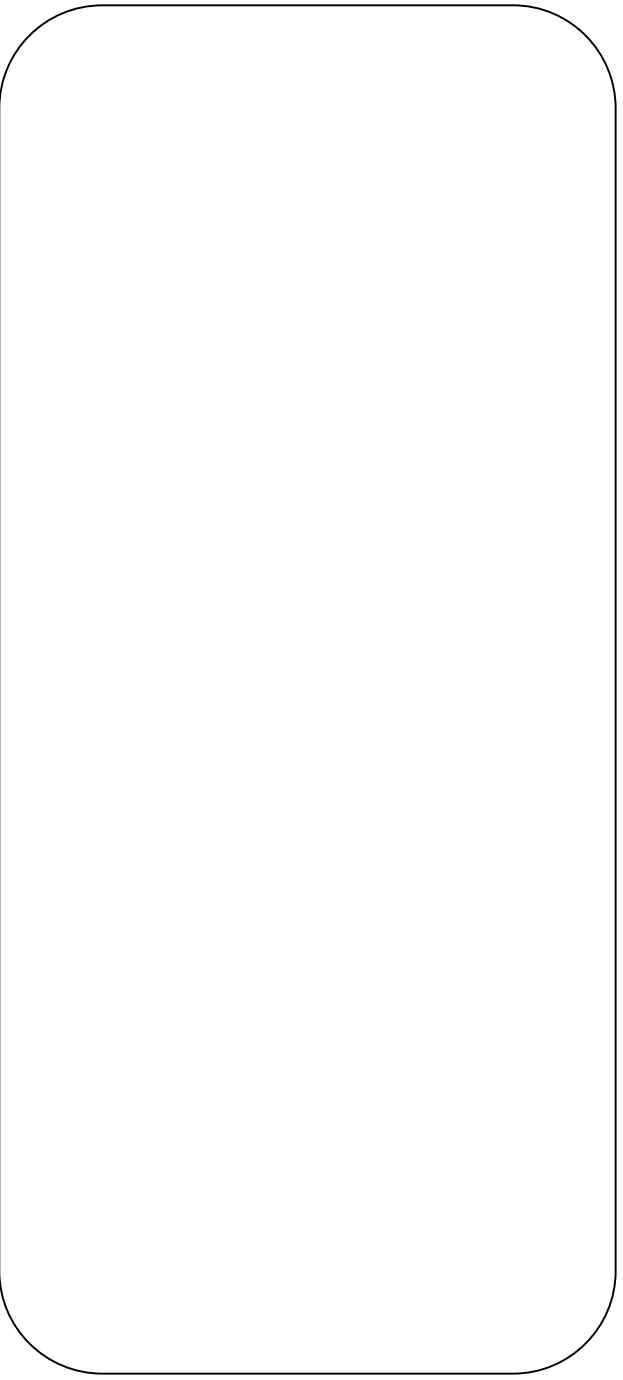
Open your sight to something large. Let the image enter your body like it enters your eyes so the image can imprint your retina. Let the colors, the light, the shadows, the movements resonate like if it was a rhythm. Can you grasp all those different rhythms at the same time, the ones at the forefront and those in the background? Describe and/or draw.

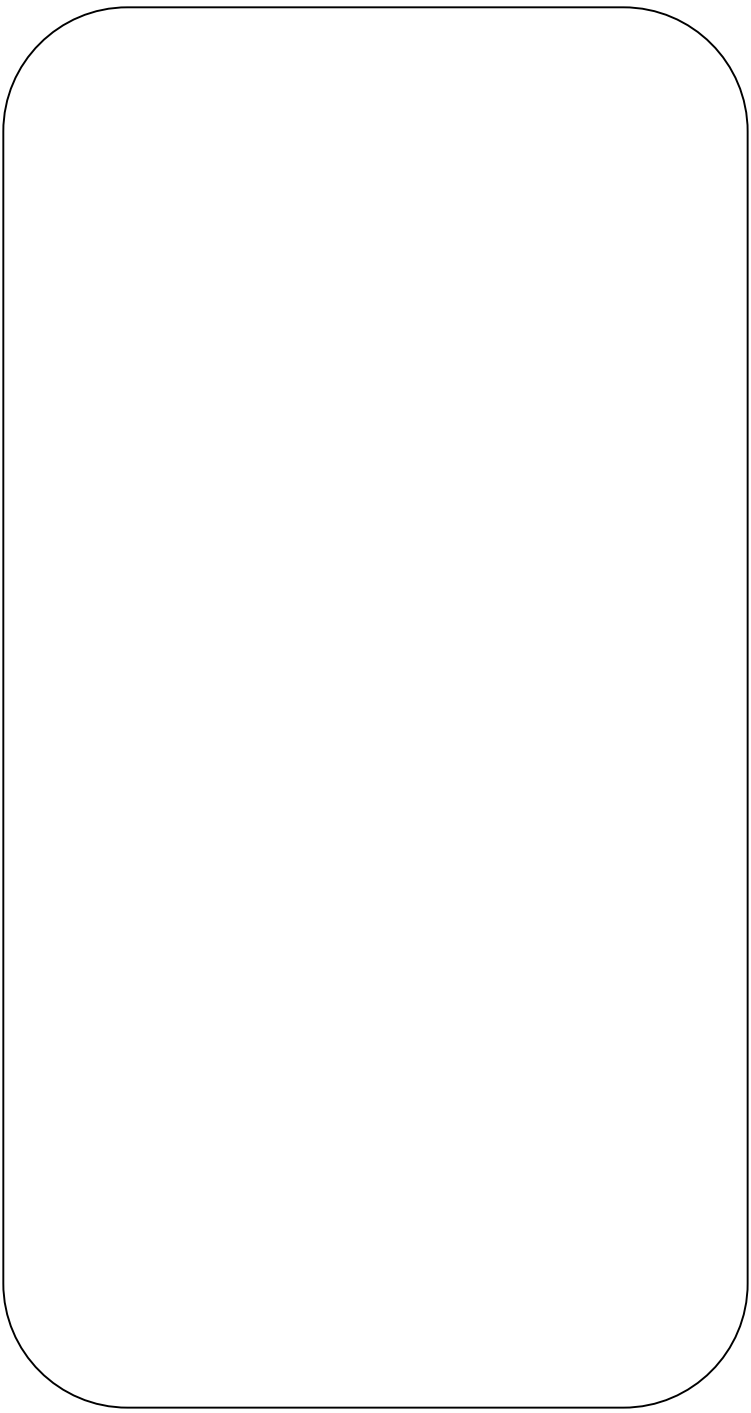


Close your eyes and listen. Pick a sound or a rhythm and let it enter your body like it enters your ears. Tell me if it synchronizes itself with an internal rhythm (blood circulation, heart, breathing...) Tell me if it synchronizes itself with an image, a physical sensation, a reflex, a relaxed or tensed sensation.

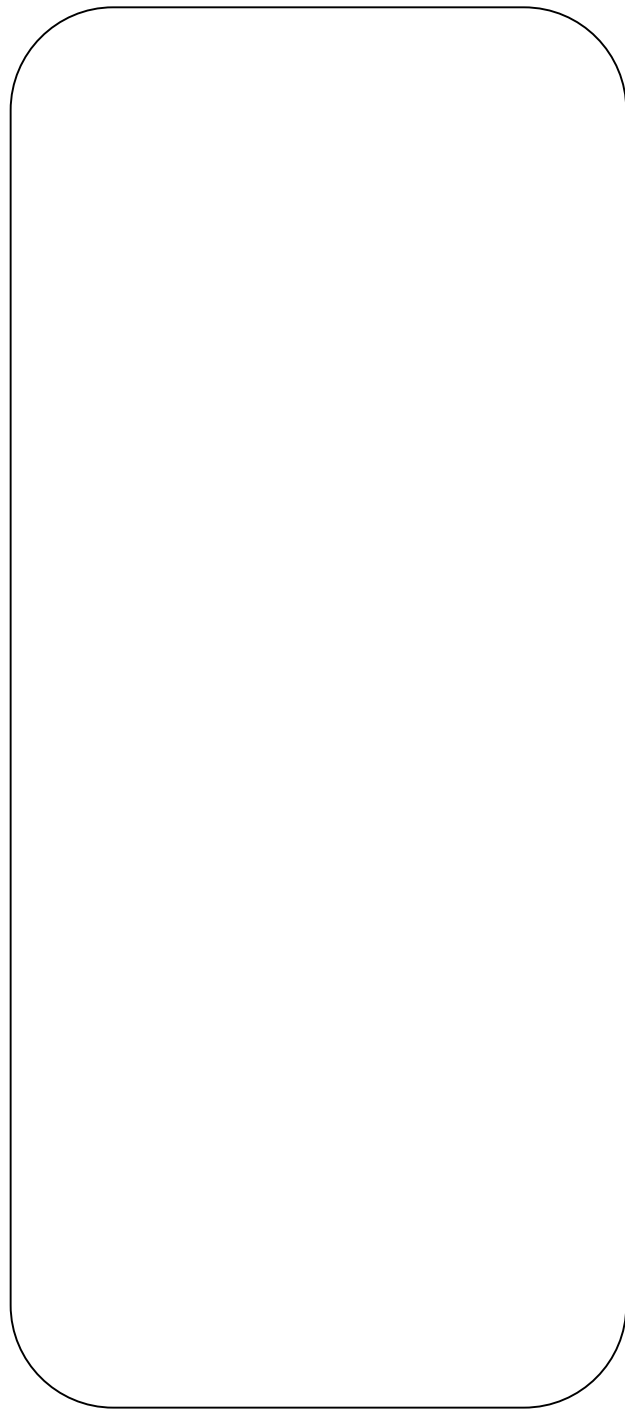


Choose a place and make a shape with your body or imagine fitting your body in this space. Stand, sit or lay down. Describe your shape, real or imaginary and the movement around you. From there, if you want, do one movement. Describe. If you want, do a serie of movements.





Close your eyes and touch something. If your where where small, so small your could walk in or on that space you are touching, what would you do? Describe and/or Draw.



Draw a map of your walk at this point. Can you show where are the objects, things, sensations or thoughts you perceived?

