SOME REMINDERS FOR EMBODIED PRACTICE...
from Niki André

STRETCH, CENTRE, BREATHE

Enough said.

NOTICE ALL YOUR SENSES

What do you see, hear, smell, taste, feel how do you feel (inside), right now?

PRACTICE RITUALS THAT ENGAGE ALL 6 SENSES

Practice regularly to foster bonds and create share memories. Invite and share “the whys”. Re-member the personal, cultural stories behind the traditions and symbols

WEAVE YOUR DIVERSE STORIES

• in interactive movement, spoken word, song...
• in ways that can be mutually influenced and informed by all.
• in ways that share “the whys”

SHARE SENSE-STONES

See page two

KEEP AT IT

“Practice and all is coming.” - Pattabhi Jois

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SHARING SENSE-STONES
by Niki André

Choose a symbol of your culture to share. Bring something for which (at least) ONE of the following is true:

• reminds me of my cultural community when I smell it
• connects me to my culture when I touch it
• makes me think of my cultural community when I see it
• sounds like my culture
• tastes of my culture

Consider..
The place/s to which you can trace your cultural roots and/or what makes your culture distinct. Is there something about your culture you wish more people knew or understood? Let this inform what you bring to share.

Exchange sense-stones with your neighbour. Savour, without words.

• Introduce the symbol. Then, let your neighbour experience your sense-stone sensually: “This fabric reminds me of my culture when I touch it” (without further explanation)
• Silently note how your partner's sense-stone makes you feel inside

Then, Share the why

• Reclaim your own sense-stone; take a moment to experience it sensually and silently note how your own sense-stone makes you feel.
• Share this feeling with your partner, then, tell them why “This makes me feel grounded when I smell it because...”