

## B. GROUP PRACTICE



COMMUNICATE THROUGH FEET



EXCHANGE IDEAS

# PHYSICAL THEORY

PHYSICAL EXERCISE AND AN UNUSUAL BODY POSITION CAN IMPROVE THE QUALITY OF YOUR THOUGHTS, AND THEIR INTER-RELATIONS. YOU'LL BE SURPRISED ABOUT NEW IDEAS AND DISCOURSES ARISING IN YOUR MIND. USING IMPROVISED INFRASTRUCTURE AT ANY TIME AND PLACE, ALONE OR IN GROUP YOU CAN PRACTICE THE FOLLOWING EXERCISES OR/AND INVENT YOUR OWN. KEEP NOTE OF YOUR FINDINGS.

## A. INDIVIDUAL PRACTICE



SUBVERT YOUR PERSPECTIVE



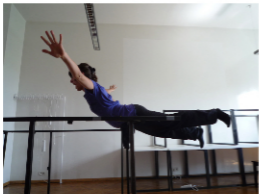
DRAIN AWAY UNNECESSARY THOUGHTS / think with the feet



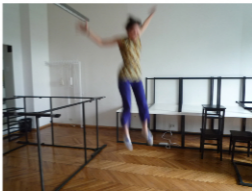
**STALK YOUR GOAL**



**BALANCE YOUR DISCOURSE**



**TAKE RISK**



**JUMP INTO UNKNOWN / close your eyes and jump**