

Tamás class transcribed by Eszter with additional notes by Tamás

Find your way into the space, take a walk
look for opening space and **inhabit* it by lying down**

then

look for another place and inhabit it by lying down

stay in motion

go and **touch some one** when he or she is lying on the floor – your touch is **pedestrian like*** → as if she / he would fall* on the street

stay with that person for a while until you feel it is time to go on
change → go → inhabit the floor → touch and being touched

when you are with the touch / keep your hands on that area (or areas)

one lying down person **can be touched by more than one person**

find your way into standing from lying with **keeping the touch** (on the same area of your partner's body)

once you are on your feet → **start moving into the touch(s)**

*When on the feet and moving into the touch, sense the multidirectionality
move inside of the net* of the touches*

as you are moving into / toward the touch – stay longer
→ **discover** the movement possibilities

multi directional expansion into multiple touches (stay mobile, move on...)
→ **discover the ability of isolation* of the body parts**

→ **take it more into the space** / cover / play

keep changing partners – build the dance

As leaving the dance gradually find your way to your own space and take a moment to feel the resonance of the touches → transition*

→ **bring that sensation and experience into a solo dance...**

* use of words / instructions to hint underlying principles