

23 MAY 2018

# OPEN PRACTICE

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C O N V E R S A T I O N S

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*The slow walk served as an agency to shift, adapt, transform and execute. Meeting self. Meeting others. Meeting place. (GERALDINE BALCAZAR)*



## SNEAK PEEK...

Inside the process of  
**Geraldine Balcazar**,  
conversing with  
Emma Wilson

*Hello Gerrie, welcome to Brisbane. Would you like to share something about the session you facilitated this week and your experience of Open Practice?*

Time and Pace emerged as the focus of the OP session I facilitated this week. We begun by taking the practice outdoors and sitting by the river to take in the warm air. We chatted about evolution and how our bodies have adapted over generations to hold what is present with us today.

In initiating the conversation it became evident the impact of my chosen words on the group (as a facilitator) once we began to converse. In hearing the group refer to evolution i became very excited about our various perceptions of time in reference to evolution...Could our movement, breath and body have evolved that morning from the time we rose to arriving at OP?

TIME struck like lightning, together with my previous observations of pace (leading up to OP). We slowed time down and took an overly slow walk along the path by the river. Taking in and paying close attention to movement, the body, thoughts and surroundings. Swallows and cyclists navigated seamlessly around us as we slowed down to our environment. The slow walk served as an agency to shift, adapt, transform and execute. Meeting self. Meeting others. Meeting place. Leading us inside to a group movement reflection of our experience.

I experienced Open Practice to be a community and space built for a supportive exchange of humanity - leading to an embodied recharge from this practice. I was excited to play with process and give myself permission to break outside my structure in facilitating.

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The slow walk sounds delicious Gerrie! Lots of thoughts arising... maybe a series of comments rather than a question... It sounds like a site of potentiality. The image in my mind of a group of people being slow together makes me think of a social body that is ordered quite differently from our 'normal' everyday body of doing. Was this interface with the social codes/etiquettes something you were interested in exploring, or was it more a self inquiry of noticing what happens when we slow down... or perhaps something else entirely?

The slow walk was a suggestion I wanted to bring into OP which arrived from my interactions with my surroundings and place on the Gold Coast. Living in Sydney (for almost 30 years) I observed more and more that the sky was seen less and less. As the buildings around me grew taller, I was seeing the sun and the sky less. I began placing myself in open spaces and observing my movement in place. Taking myself more and more to places like Riddells Creek, Victoria for a change of pace, to dance, in an open space, surrounded by nature (Riddells Creek has an incredible studio in nature facilitated by Alice Cummins and Ross Colliver).

Being Slow Together. Social Body. Everyday Body of Doing. Where all present within the practice of slow walking at OP. The pace of our everyday body doing, does not always hold time or a place to slow and when we do there is a simplicity in the doing that can be transforming. Open Practice provided a space for dance to occur from a place of being slow together through a social body. Slowing down together provided a moving mediation through our everyday doing of walking. The social body shifted simultaneously within us and the environment around us. Thanks for your insights, thoughts and observations on the slow walk Emma.

*This really brings home for me the thought that every question, every inquiry has its own history and way of arriving to the moment of its articulation into the world. Sometimes we are aware of this, other ones not. I love that you can trace this path for yourself Gerrie!  
Were there any key insights or questions that arose for you during the session which sparked your curiosity to continue this inquiry in some way?*

A key insight in the process leading to facilitating OP was the crossover of creative practice and daily practice.

Being new to Queensland, the facilitation of OP carried forward  
Held  
Meet  
Process

I am curious to continue exploring the idea of entering an improvisation from a social body experience (similar to the slow walk we experienced together outside by the river). What stays in the body mind after the social body experience and how do we then dance this?

The following is a reflection I wrote in the lead up to facilitating OP

I am curious in following my feet in this new place  
I am curious in following my feet around this new place  
I am fascinated in following my feet around this new place  
From finding my feet in a new place. I find pace in place.