



Erasmus+

# Primitive Expression Workshop

*n*ARTure



MISIONES  
SALESIANAS



The High Mountains  
Networking & Social Innovation




CULTURAL AND ARTISTIC ASSOCIATION



# **Primitive Expression Workshop**

General guidelines. We use the rhythms 4/4, 8/8, and their half values. Phonemes are used to accompany movement. We pause after each movement. We remain in our position for a while and then relax before moving on to the next movement.



# Step 1:

## Warm up

### "Life in water or in the uterus"

After walking around the space for a while, everyone finds a spot where they feel comfortable to stay. With the accompaniment of music, participants move their body parts slowly and gently as if they were in a bubble of warm liquid. Within this "bubble" they explore their personal space (Kinosphere) by spreading or gathering the limbs close together, moving the joints and trying to move their whole body like water creatures. They can also move in space without losing the feeling of the sphere that surrounds them.





## "Birth" or "Life out of the water"

Participants gradually reach the ground. Emphasis is placed on the parts of the body that are in contact with the ground (prone, supine). They crawl with their body close to the ground until they find a point where they start to apply pressure with hands, feet, elbows, etc. and start crawling on their knees and elbows / hands. When they are ready, they gradually rise to the standing position.

**PAUSE**

[https://drive.google.com/file/d/16FG05kw5LIKZdRZgprgCJ19oEge\\_vERi2/view?usp=drive\\_link](https://drive.google.com/file/d/16FG05kw5LIKZdRZgprgCJ19oEge_vERi2/view?usp=drive_link)

## Step 2: Standing posture – Beginning of interaction

### "Man becomes a biped"

With the accompaniment of percussion in 4/4, the members of the group walk with bent knees and bent back while looking down. They take three steps in this manner and on the fourth they raise their heads and greet anyone they meet with open arms. This is sometimes done to allow time for the first interaction between members.

PAUSE



[https://drive.google.com/file/d/1hQr0rNuZONgDmKdFcsLIS0g-N87c5imc/view?usp=drive\\_link](https://drive.google.com/file/d/1hQr0rNuZONgDmKdFcsLIS0g-N87c5imc/view?usp=drive_link)



## "Invocation"

Participants stay where they are. Feet hit the ground to the rhythm of percussion in 4/4. The hands move to the lower, middle and upper levels and together they all sing a melody. The hand movements are simple and are meant to summarise the evolutionary stages of man. The melody can also be based on a familiar song that can be adapted to the percussion rhythm in 4/4.

## "The Cave Man"

The group is now in a circle. They take four steps (4/4) forward to the rhythm of the percussion as if cautiously emerging from the cave. The movement is accompanied by shouting. At the fourth step, as if something has startled them, they quickly retreat (step back) to 8/8. We do the same in half-times until the pause.

[https://drive.google.com/file/d/1pj0ECpjSUZxXpEgSEUTFYbUgrpFXYPSC/view?usp=drive\\_link](https://drive.google.com/file/d/1pj0ECpjSUZxXpEgSEUTFYbUgrpFXYPSC/view?usp=drive_link)



**PAUSE**



## Step3: Creation of the community

### "The creation of the language"

We continue in a circle. The feet hit the ground at a rhythm of 8/8. The hand movements accompany the vowels A, E, I, O. We make a simple hand movement for each vowel. We do the same with half values for each vowel until we reach the pause.

[https://drive.google.com/file/d/13gRZoZDCo8LYmjj1xKh7WCZPPbHXPcwJ/view?usp=drive\\_link](https://drive.google.com/file/d/13gRZoZDCo8LYmjj1xKh7WCZPPbHXPcwJ/view?usp=drive_link)

### "The community"

While holding hands we form a circle and move clockwise, counterclockwise, in and out in 8/8 and half values accompanying the movement with a phoneme.

### "The two tribes"

We divide into two groups. The two groups stand facing each other. We continue with 8/8. One group moves forward to the rhythm of the percussion accompanied by a phoneme. When one team retreats, the other team moves forward with a different movement and phoneme. We do the same with half values and shuffle around the space keeping the movement and phoneme each person started with.

[https://drive.google.com/file/d/1rspL0Ga\\_QNSvbrJApINkHYKskquWEJjm/view?usp=drive\\_link](https://drive.google.com/file/d/1rspL0Ga_QNSvbrJApINkHYKskquWEJjm/view?usp=drive_link)



## "Dervisiko"

The last dance where everyone is alone now. We move forward, backward, turning right and left. It's very reminiscent of the dervish dance.

**PAUSE**

[https://drive.google.com/file/d/1ANzldImBLr5dHBPDR5ldr5M1jdG6lEyw/view?usp=drive\\_link](https://drive.google.com/file/d/1ANzldImBLr5dHBPDR5ldr5M1jdG6lEyw/view?usp=drive_link)

On a long paper (paper roll) or in 3 large papers the whole group writes words or sentences about the body, nature and community.





