

## **SEXx Movement Workshop**

- 11.00      **Check-in**  
sit down and talk about our feelings at the moment. The person who speaks holds an object
- 11.30      **Share our stories: What does it take to express ourselves fully? Have you ever been evaluated your value based on your expressions and behaviour?**  
share and discuss / use the story for later exercise
- 12.00      **Relax and meditate**  
lay down, relax our bodies, feel the surface, close our eyes, breathe...
- 12.15      **The roll of love**  
roll our bodies around on the floor, imagine that we are light, flowable like water move every part of the body try not to think or plan, just move and give love to our bodies, every little part of it
- 12.30      **The stand**  
lay down flat on the floor, slowly lift our fingertips, feel every joint moving away from the floor, then backhand, lower arm, elbow, upper arm, upper back... until standing
- The walk**  
walk one step and freeze and repeat, then add arms, shoulders, hips  
imagine ourselves as water in a balloon, go big and go small  
walk in small steps and stop and change the direction, let our bodies decide, be free and open to any direction that's possible, try not to predict, feel every part of the body and include them
- 13.15      **The room organiser**  
we are in our room, it's messy and needed to be tidied up  
move without thinking, make it automatically moves like when we try to get rid of the flies. There is a mess on a table, shelves, floor, hanging clothes, clean the dishes... just move, don't dance, let it echo
- 13.45      **BREAK**
- 14.00      **The poem**  
read the poem and talk about social oppression, can be a story to share or some wishes
- 14.30      **The reach**  
try to move by using as many parts of the body as possible to reach the object outside the line
- 14.45      **The slime mould**  
imagine ourselves as slime mould, smart and free, can grow big, can grow forever, exercise our power and enjoy our lives
- 15.00      **The SEXx**  
keep moving, the goal is trying to get out of the line or reach the object outside the line. Increase the rhythm, faster and faster, influence the participants to express their feelings fully through body, sound, and noise... then slowly reduce the tension, back to our normal states
- 15.30      **Check-out**  
sit down and talk about our feelings at the moment  
close our vulnerabilities before leaving and open the newfound perspectives