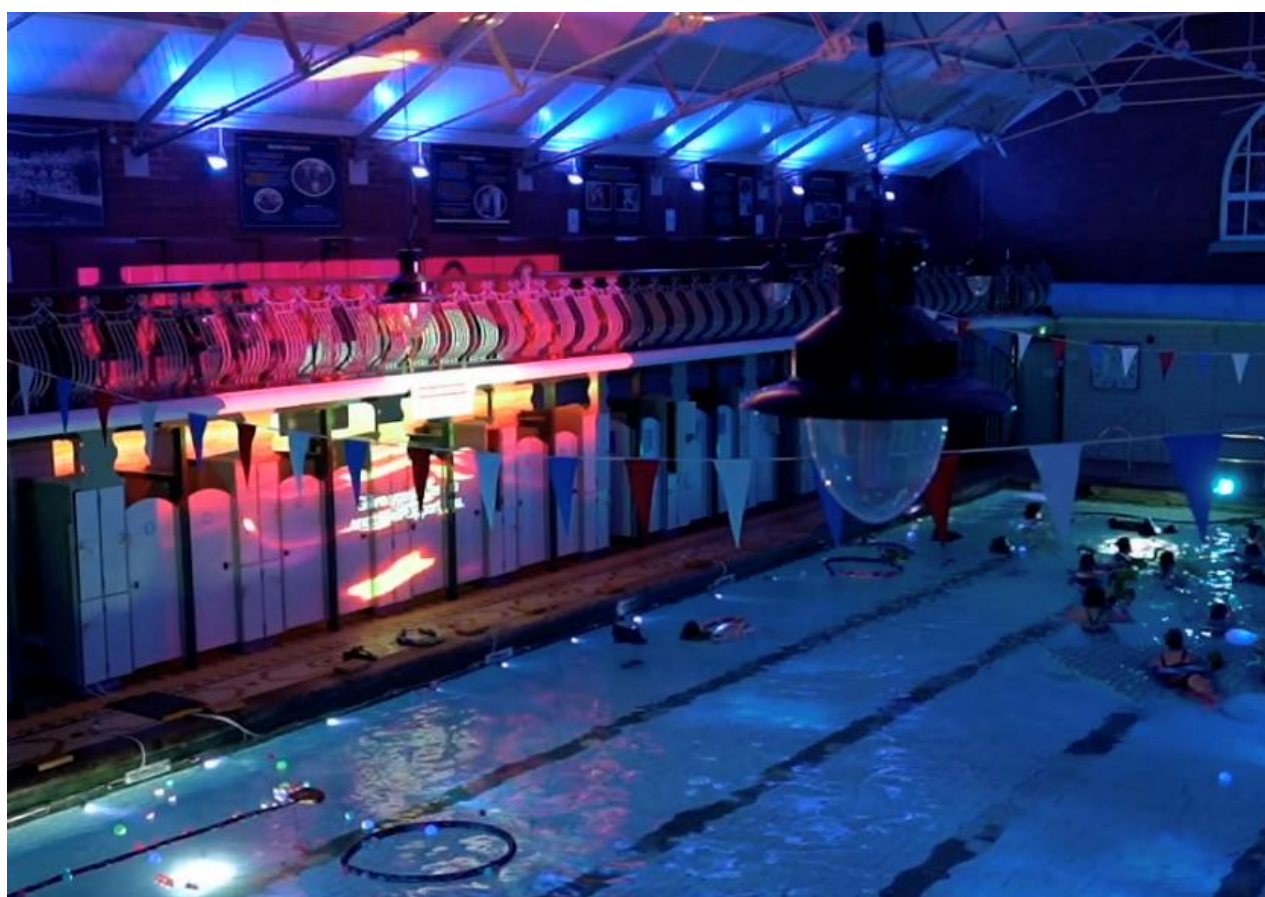


BODIES

Visual Guide



What can I expect?



Bodies is about water.

It is also about rest and how we are all connected to each other.

Bodies will ask you to breath and to pay attention to how your body feels.



Bodies takes place in a pool.

The pool in these photos is different from the pool the performance will be in.

The pool is at Deans Community High School, Livingston.



The closest train station to Deans Community High School is Livingston North.

It is approximately a 15 minute walk from Livingston North to Deans Community High School.

There is street parking available nearby.

There is step-free access to the site and accessible toilets.

There is a hoist and transfer chair available.

	<p>The performance is 50 minutes long.</p>
	<p>All performances have integrated captions.</p>
	<p>All performances are relaxed performances.</p> <p>This means you can move and make noise.</p> <p>You can leave and come back in at any point.</p>
	<p>In this performance the voice will suggest things for you to do.</p> <p>You don't have to do all of the things the voice suggests.</p>



There are no bright flashing or moving lights.

Sometimes the performance will be a little dark but there will always be some light.



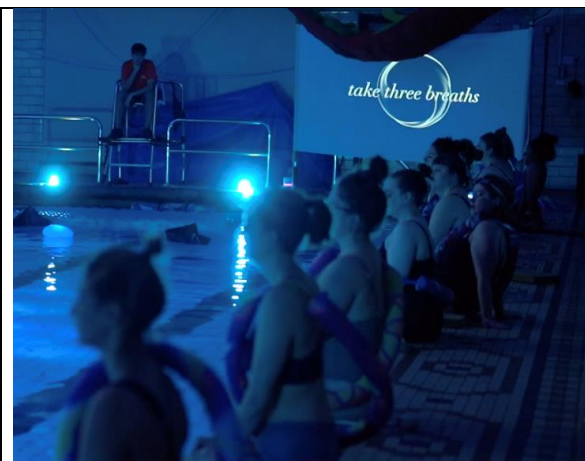
There will not be loud music or sudden loud sounds.

The space will be echoey.

People might get excited and be a little loud at a couple of moments.

There will be speaking over music and sounds. If this is difficult, there are captions at every performance.




Who are the performers?



There is no performer in the space.

You just hear a voice and see the captions of what they say.

What happens?

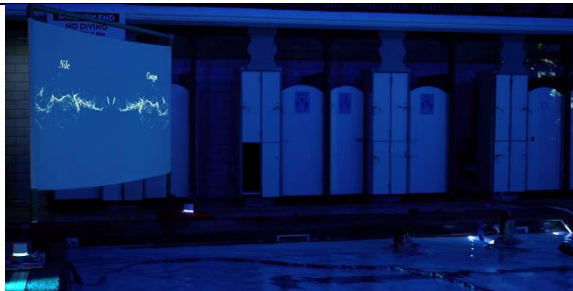
	<p>You will be given a floating device.</p> <p>The text on the screen invites you to sit.</p> <p>A voice welcomes you to the space.</p>
	<p>It invites you to play with the water.</p>
	<p>The voice tells you that it is all waters.</p> <p>You are made of water.</p> <p>You are invited to get into the water, but to stay near the sides of the pool.</p> <p>The voice reminds us to create a space where we are comfortable and can tap into our bravery.</p> <p>It reminds you to connect to breath.</p>



It invites you to think about the water in your head, in your brain, your eyes.

It invites you to move the water in your upper body.

It invites you to close your eyes and be still.



It asks you to think about bodies of water like the Indus, the Indian Ocean, the Yellow Rivers.

It invites you to say hello to the people around you.



It talks about various rivers meeting in the middle and moving to the shallow waters.

People will act this out as if they are the rivers. You don't have to if you don't want to.

They do this a few times. Then everyone does this.



The voice asks you to remember that water started in space.

Small balls, some lit up, fill the water.

The voice encourages you to dive below the surface of the water, to roll and turn.



At either end of the pool water will spray up.

You can explore however you like.

The voice encourages you to connect your floating device.

There will be floating mats.

People might get excited and get a little loud now.



The voice encourages you to splash water.

This part will be a little loud.



The voice reminds you of the power of water to change the world.

It encourages you to take a breath and sigh it out.



The voice asks two people to release a net. Floating pillows come down.

The voice asks you to spread out and float.



The voice asks you to go back to the edges of the pool and use the edge to go to the shallow end.

The voice asks you to close your eyes and remember that you are connected to water.



It asks you to get out of the pool and notice how gravity feels without the support of water.

The performance ends.