

42 // Soften Bubble Preen

for two participants or any number of pairs

PART ONE

- I. Caw imperceptibly: do while spreading out through the center of chest and throat. Feel expansion but make no sound while listening.
- II. Soften, bubble, and preen: do while exposing different parts of your body to the wind, coolness, or memory of wind.
- III. Whistle together: whistle onto one another's skin, hair, eyelids.
- IV. Lean incompletely: lean into each other, but while continually shifting or undermining the lean. Rarely complete the lean. Shelter and seek shelter from one another.
- V. Dig deep wings: search for the root of imagined wings planted in your center, in the depth of your shoulders, your hips, and/or your abdomen.
- VI. Whistle together: send the sound into different surfaces around you.

PART TWO

Lower onto or against something.

Soften.

Acknowledge a hardness; locate a heaviness; recognize some opposition.

tuning

orientation

publics

Soften.

Shape-shift imperceptibly.

Look away for a while.

Look back and see if things have changed perceptibly.

iLANDing Retreat, 2012
Emily Drury and Lailye Weidman, Mount Tremper Arts