

**WORKSHOP SCORE PRACTICE**  
**(a warm up)**

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Benchmark 1 - check in with self - pay attention / be aware of, breath, quality of thought, state of affairs, body

Touch your own body - breath, sense, become aware, acknowledge, allow

*(taking stock, becoming aware, paying attention)*

Big Arm Circles - one then other,

OPEN and ENGAGE

length and slow, breathing with self, other, eyes

stance - rooting to the ground, release, weight, stability with movement -

reach out into air, tickle the stars, sink melt root into earth, gravity

plugging arm, need, expression, gesture, tool using, articulation into center

*brush the stars*

*reach and desire - fire, ground world matter*

*sky and earth*

Stir Ribs

Cultivate, Stir Belly

Pelvic Circles - stir, fluidity, see, feel, root

Head look side to side, eyes then head (to increase range)

Maypole around Spine, slow, reach twist and see behind (past), open snake spine

*draw hands through the wheat field*

Arms over head, bend elbows 90 degrees, open, plug in to shoulder blades, tilt open a little, root xyphoid process down, open heart up - include / integrate upper and lower, root and expand

angels under arrest, willingness, big breath

little rotation of the whole magilla

*ask, what now?*

Hands and Knees -

open the central channel

cat / cow, move ends of spine - separate, , connect, fluidity, shoulder blades together and apart

see side - eye and ear to butt cheek, other side

circles ends of spine

spine, river, flow, snake, fluidity, eternity, water, movement

One Foot forward - on one foot and one knee (anjany asana, warrior) OPEN and ENGAGE

see someone or me or something in space, acknowledge

scissor legs, knees together, engage, *stability in lower*  
Arms up over head, plug in, clasp hands behind head  
Open heart, little back bend, front ribs stay engaged down - *curiosity and heart in upper*  
action of: ask, A PRAYER, willingness, to perceive, receive, experience, feel

Down dog to transition, pedal feet  
Other foot forward

Up to Stand

Cross arms in front of chest, 10 squats *stir breath*

Snake footwork side to side - *agility*

One Knee up balance, stand on other leg, (then explore extension, tilt) - EXPAND  
(balance, march, extend)

Touch one knee down behind in mini lunge, then back up to stand, arms reach out as you go  
down with one knee - 10 times

*what now? offer, bow, ask, prayer - actions with the movement*

(Walking Lunge, the work of it)

Fingers turn, wrists, out from body in

-creating space

-Add Sounding / Vibration

Grasp a fruit or bug and draw it in to mouth to eat -

-work with 360 degrees

Catch fireflies or butterflies - be them

-start to work with timing, fast, slow

reach, grasp, pull, circularity, stirring

Extend out, find opposition in leg, foot, allow head, spine

Find a stillness, balance and hold it, breath

- vulnerability

Jump on river stones, one to the next

Find balances, uneven rhythms

- one, two legged

Extend out in a stillness, hold it

Return to jumping - one footed, two footed stone to stone

*Like a one legged bird or a far flung star  
expand into space in stillness and suspension*

Benchmark 2 - self touch, feel breath and body, check in with self

work with these physical and vocal gestures / expressive movements:

*I take* -medium wide stance, open palm face down gut level, reach out turn it and grasp, pull it in  
to low belly with voice / text

*Out of my life*

one legged balance draw knee in, tilt, kick push out

OR fists at belly, push heel of hand out with text / voice

*Ah Boom* - pelvic circle, punch out

*Joy* - whole body jump up into big X with text voice

Come to circle - see, breath

BenchMark 3 -One word Check out - out loud with group