

*sound workshop report*

## **Here is a report of the first audio workshop I conducted.**

I designed multiple exercises to introduce everyone to the world of everyday sounds and free improvisation in group.

Beforehand, I ask all the participants to bring objects they would deem having tonal qualities.

At first we started with relaxation exercises to get everyone to center on themselves and open their ears to the never silence. It is better with eyes closed and with the light turned down. Whatever is happening, there is always something to listen to. At all time, we are immersed in sound.

I speak slowly and calmly. After a time, I stop speaking and use the objects we prepared. I then invite people to join me by sliding them some objects.

You will find sequences of the first exercise as well as the orchestra conductor exercise in the file.

We then followed with an exercise called only one sound: people get to choose one object and/or one action that they like (or dislike if they want to challenge themselves).

Everyone have to express themselves in the group using only this one sound.

The stark contrast of the two exercises helps to grasp the realm of possibilities of expression I wish to bring people to.

The next exercise we experienced was waiting in turn: everyone can do whatever he wants but we follow a circular logic, one waits for his neighbor to finish before they start. There is no set turn length.

Finally, the ending exercise was the orchestra conductor. One of us would decide of code of simple gestures and conduct the other by pointing at them. We would take turns in conducting and playing.

## **After the workshop.**

Later I asked the participants a way to share their feeling regarding what they felt. Here are their contributions :

*«The workshops were very relaxing and fun for me. I wish we could meet in a larger group of people, but this way allowed us to have a more individual form of classes. Conscious listening is an important skill. A way of meditation. It was truly relaxing because we stop thinking about everything and just focus on current stuff. It was also fun because it's not common situation to just lie on the floor with your eyes closed and shake a can of beans. This was the moment when I felt really free. Now, I remember the Small Armory in a completely different way, because in my memories I have sounds of this building.»*

-Agata Augustynowicz

*«I had a chaotic time in my life when the Lucas workshop was held. There was a moment during the workshop when I could silence my thoughts and concentrate on the sound. I discovered sounds by playing on a computer keyboard, jars, cables. This exercise showed me how ordinary objects have unusual sounds. During the workshops, I felt connected with others, relaxed and disconnected for a moment from reality.»*

-Karina Zawadzka