

Peace Mountain

Environment: Maroon/brown voile mountains round space and cutting across Low End. Raised bowl in light, furs placed around, puppet with lit entry. Instruments - singing bowls, Indian bells, gongs, little bells. Lavender, oils and star projection. Microphone with echo/reverb.



Mountain trail Crawl, roll, travel through mountains, calling, helping each other, getting lost, finding way, falling down, being helped by peers

Valley Find lit bowl and furs and settle down. Feel the textures on hands/feet, snuggle up and wait...

Puppet appears, is looking for something...finds bowl. Long, focused, watching section as puppet explores bowl, sounds, reflection etc. Begins 1-1 interactions with clients, encouraging them to play with him, while others watch/listen and enjoy the 'performance'.



Sounds Gradually introduce other sounds, starting with singing bowls. Very calm, quiet, listening time, taking turns, creating different sounds by playing instruments in different ways. Feel vibrations of instruments on fingers and toes. Add vocals and use echo on mic to create layers of reverberating sounds



Chill Bring out dried lavender and touch and smell. Lie down on furs together and watch the stars moving above you as gentle music plays all around.

Observations The mountain trail encouraged some good floor-based movement work which is unusual - many clients being wary of working at floor level. Focusing on and watching the puppet before encouraging interactions worked extremely well - encouraging watching/listening and total engagement (with all groups but one!). Following this there were some extremely intense and then very playful interactions. The carefully chosen mix of resonant instruments were fully explored and enjoyed by all at a gentle pace. Echo on microphone inspired lots of vocalising and listening by people, some of whom made sounds we have never heard before.

