

## Proserpine

Inspired by the poem *The Gardens of Proserpine* by Swinburne, we find ourselves in a poppy field. Play amongst the poppies and dance with Proserpine. Down to the river, into the rippling waves. The watery world relaxes you into a peaceful state.

### Environment

Create the poppy fields by projecting images onto white sheets hung around the walls and long white silks on the floor. Electric fans create rippling effects with the silks. Also in the space:

- Proserpine character asleep in the field of poppies, white mask
- Moonhoops (simply made using white cloth stretched over circular frame)
- Bowls of red poppy petals around the space

In the other side of the space, create a blue 'weary' river winding to the sea, as in the poem, using blue organzas and blue rippling lighting. Also used:

- Trays of clear and blue water gels
- Submersible lights
- Mobile acrylic mirrors
- White and blue face paints and brushes
- Vibratones

**Costume** - white tabards

**Music** - This workshop has no distinct narrative and is quite dreamy, so certain pieces of ambient music would support the sense of drifting along. Many works by Brian Eno would be worth considering, including *Music For Airports*, *Thursday Afternoon* or *The Plateaux of Mirror* (with Harold Budd).

### Activities

**Poppies** - Explore the poppy field, watch the projections and enjoy the colours. See the movement under your feet and feel the breeze as it blows around you. There's a sleeping character in the poppy field...wake her up and say hello. Dance with her in the poppy fields. Find moonhoops and play with the projections, catch them on the moving circles, roll and spin the hoops. Sway in the projections and make shadows. Play hide and seek. Spread the poppy petals, throw them in the air. Fan them and catch them as they flutter all around the space. Use the long white cloths to lift the poppies (projections) above your head and surround participants in colour.

**To Sea** - Follow the blue organzas to the sea. Lift them up, swim along, under and over them. Enter the rippling blue ocean, find the water gels and lights. See the colours, feel the cold wet gels with fingers, hands and toes. Watch them drop and roll, swirl them around, bury your fingers in the trays and move lights over them to see the colours change. Find acrylic mirrors and paint white and blue fish and ripples on them. Catch them in the light and watch the reflections swim around the space. Paint each other's fingers and faces, feel the soft brushes tickling skin. Relax in the water world, play and hear the sounds of the vibratones echoing around you, the haunting sounds call you home...

### Links

Moonhoops prop

Projections prop

Cloths prop

Mirrors prop

Visual Art activity

Video - Proserpine