

Touch, Taste, Smell

3 underrated senses, which can each enhance experience, create and reinforce associations and trigger memory. At InnerSense serious consideration is given to each of these senses when creating a workshop/environment in the following ways:

Touch

All clients, particularly those with sight and/or hearing impairment can enjoy music and sound through feeling vibrations and rhythms, either through different instruments, such as drums, through speakers or even through empty boxes

Use props related to the workshop theme that have distinct tactile qualities, for example, fluffy kapok for snow, a real pool of water, a furry puppet, water gels, stones, sand...

Human touch, so important and yet so difficult for many participants....encourage touching hands, feet, faces with the use of facepaints, creams, essential oils (beware allergies). Using soft brushes, feathers as mediums between you. Encourage clients to initiate contact, perhaps 'touching' you first.

Taste

Since the dawn of time, food and drink have always featured in celebrations (see Feasting) whether a simple picnic, eggs on an open fire, chestnuts roasted for a medieval supper, or vegetable stew

Include tastes that are related to the workshop. This will give opportunities to experience a variety of food and drink from different cultures, like fresh bread in a bakery, bananas in the jungle, jasmine tea in Japan, honey from the hive, cheese in France, orange juice in Spain, apples in the orchard. Even those who can't swallow can smell and enjoy.

Smell

Smells can provide clues to a workshop setting - natural foliage, fruit, coffee beans, a sage smudge stick for a bonfire, smoke, burning. Use incense sticks/cones for sandalwood, pine, cedar, smells of the forest.

Soaps, talcum, lotions and oils (like lavender) work well with 'bathroom', beach or relaxation workshops.

Include herbs and spices where the workshop theme allows.

Associated Workshops - Bush Ranger, La Ardilla, American Gothic, Woman in Bath

Videos

Macbeth Banquet

Lavender Water

Eggs on the Fire

