

BOOKLET

RHYZOME

Teatro Invisibile



*Erasmus+ Project
Valpore 2023*

ABOUT THE PROJECT

Rhizome project is born to support disadvantaged youth facing educational, social, cultural, and economic challenges, by integrating and embodying the profound knowledge of the all-connected underground, a continuously growing horizontal stem within Nature.

During a 7-day mobility training for 28 youth workers from 8 countries, the project enhanced the capacity of youth workers to promote inclusion and empowerment through nature-connected methodologies.

Drawing inspiration from the proven effectiveness of nature-based education, the project addressed issues of low future prospects, high stress levels, mental health problems and isolation by fostering connections, developing new tools, creating bridges within education, opening outdoor creativity and empower participants to navigate life challenges effectively. This booklet contains some of the invitations from Rhizome's training course.

BREATH WORK AND MEDITATION



Morning practices in the woods through three stages for mind hygiene:

-Conscious body movement freely inspired with shaking, jumping, mobility and flow. To warm up, energize, awake and open body and senses.

-A selection of guided breath practices in sitting position or kneeling. The aim is to deepening perception and focusing the mind, transitioning from activity into stillness of body and mind.

-Allowing meditation to happen by settling the breath, finding stillness and perceiving existing into the forest with noble silence of mind, words, movement and intentions. The invitation here is “time to do nothing”.

*If needed participants can lie their backs against a tree or support each other being back to back with one another in couples.

THEATRE OF LIFE

In theatre of life participants get asked to wonder in nature then return with a personal question to themselves written in their diary and kept open for realizations and insights.

They are divided into trios that constitute a family to return to for reflection. For three times taking turns participants enter into the theater of life while one of the family always staying out to witness. The theatre is just a free safe space where to perform, improvising life as it is happening just by being, moving, relating, running, staying, feeling, dancing, reacting always in connection with all that is happening.

In what is happening in the theatre as a sort of constellation the witness focuses with her/his question to look for symbols, sensations, insights that can reveal some new prospective and perhaps bring to light surprising personal answers.



“This experience has brought out some emotions. It has helped me in my daily life to become more open, connected and present in the work as well as personal relationships. I have learned to approach all conversations more consciously. It was a very positive and mind opening opportunity.”
PV

PARKOUR

By using the surroundings (woods, benches, lines, walls, fences) and lots of imagination with a good dose of safety measures participants are guided in basic parkour exercises, to enjoy letting the movement get wild, challenging and fun.

Examples: walking balancing along fences with one hand help for support; jumping across benches and rolling underneath benches; balancing on lateral wood chocks with hands propelling forward; climbing small hills and sliding over fences; leap over obstacles;

Like in a circuit every area gets addressed an exercise and every group of 3-4 participants starts in one area with a common timer and signal to run and change area until all groups have tried all challenges.

*Remember to have fun!

“This experience was full of life and peace of mind! Disconnecting and connecting with my inner, retreating body and mind. Learning through nature, interact with other people out of the stressful structure of human behaviour we are use to, help each other, give and receive!”
VM



MINDFUL HIKING

During a guided hiking all group stops at stages to follow trainer's directions, invitations, activities and tasks, some of which:

MAGIC STICK

Around 8 people for each wooden stick. The task is to hold the stick each one with two fingers places laterally under the stick, like holding a butterfly. The aim is to bring the stick to the floor with no strategy, never letting in go, never grabbing, no talking.

The group then shares about:
-thought, projections, inner drives and energies, perhaps frustration, anger or curiosity and surprises.

-Reflecting on personal dynamic in relation to group dynamics and the engagement and necessities when having a common goal.

-Personal focus on the process or the final goal and why.





PROSPECTIVES

Participants form pairs one starts walking backwards the other placed in the other's view walks forward and carefully gives direction to the partner to adjust trajectory for safely staying on the path. The backward walker focuses on this new perspective of seeing what is left behind instead what is found in front.

They then change role.

5-10 minutes each or more if wished to.

TRUST

In pairs participants hold hands and while walking they alternately close the eyes to trust the subtle but firm guide of the hand, practicing a sense of trust and letting go without stopping the walking/daring process.

INSTANT POETRY

In pairs while walking participants give each others two words to create instant poetry.

WORDS IMPROVISATION

In pair participants are given a topic and talk about it by saying one phrase at the time, co-creating the dialogue/story, then with just one word.



“All the activities with touch and movement were very useful, because they're closely related to my direction as a psychologist. Personally, authentic dance was my cathartic moment where I found a body language through which I could share my true self and be present. For those 5 minutes, if it doesn't sound too theatrical, was worth coming to this planet. Playfight was completely new for me. It was eye-opening and beautiful. I'm gonna apply to a training about that for sure to learn more. Parcour was really cool, it was useful for me to see how it's related to climbing, my passion. The last circle, touching the shoulders and then walking out from Rhyzome. I felt I was leaving all my temporary circles with the very same steps, to realise I'm what's transitory, and not really the circles I enter and leave. This very last activity was a metaphor for my past few years. It was very relevant.”

ZV

NATURAL EMOTIONS



In the forest participants are invited to wonder for 4 natural elements that represents four fundamental emotions (fear, love, joy, sadness) tuning with this emotions, bring them into tree talk (sharing about them verbally with a chosen tree to listen) then bring this elements, or a representation of them back to the group circle, sharing observations and conclusions. Then the group enters into a ritual of co-creating a Mandala with this natural elements from which more insights can emerge in regard to the basic human emotions and the interaction between them

RESILIENCE

in couples participant are invited to share about one thing they are really passion about, they look forward to, perhaps a following up activity or plan, a personal passion or desire. The listen is asked to first listen without paying attention, looking around almost ignoring; then engage by over-acting the excitement for what is shared; finally truly share and engage, mirror and support the partner sharing. At the end they share about emotions in this three situations/interactions reflecting on how important it is for our goals and passions to grow in resilience and self-assertivness not to be blown out by possible un-engaged or non authentic outer responses.



“The experience was intense and surprising. I did enjoy very much how we explored movement with others, being guided by clever questions, rather than guidelines. The asanas, pranayamas and meditation practice were beautiful as well, with a teacher who is filled with passion, honesty, modesty and curiosity. This was a great contrast to most of the teaching I find out in the world, were yoga is often reduced to some kind of a gentrified sport. A lot of quality in this course, which showed a few new open doors.”

MG



CONTACT IMPROVISATION AND THE RELATION TO GRAVITY

Exploring, embodying, questioning Gravity and the magic of contact with the ground and other bodies.

Active phase: In the moving group introducing the principles of lining, pushing, pulling, reaching, falling using the forest ground and other bodies as a playground, entering step by step into a contact improvisation dance.

Resting phase: Lying on the forest ground focusing on the pull of gravity that attracts the bodies masses toward the Earth for deep relaxation and replicating the underground Rhizome net, allowing bodies to act as bodies falling within one another in a deep somatic state of embodiment.



“In the mornings we really grounded with the nature, our respective animal gut feelings and our fighting power. Now at any moment I think I can remember how strong I was at this exact moment thus I can be strong whenever I need in life. In the same way I really liked the embodiment exercise with the YES and NO, because similarly now I can remember how I behaved with these two in a safe place, so I can remember that I can use them safely at anytime. In general I really like all the activities where I can really « bring something back home »”

NL

YES AND NO

An embodied trio in contact during which participants take turns embodying YES, NO, him/herself.

The receiver always keeps eyes closed and focuses on her/his relation to the yes and no in life and their personal meaning allowing intuitions and the experience of the body wisdom to bring to light new aspects and views. Yes and No are always in movement and in contact with the receiver focusing on deeply embodying and acting as their role, whatever this might mean to them personally.

PLAYFIGHT

After creating a safe space and a sensible engaged circle with all participants, Playfight rules are explained, shared and agreed upon. Then each participant can decide when and if entering the circle sharing personal focus and intention, anyone can join for a safe fight on the ground. After the fight each fighter shares appreciation and insights. The circle gives back mirrors and feelings.

FLYING HIGH

The group walks in the space, following the trainer's directions to warm up the body, opening the senses, connecting, reflecting, embodying until the invitation is launched: at any time anyone can decide to raise the hand and say "I fall", signal for all the group to hurry in catching her/him and using the falling energy to lift her/him up above letting her/him swim and fly with the support of all the hands and bodies of the group. Safely landing back and keep the process going for everyone to experience how by letting go the shared strength of the group is there for us to thrive.

"It was an opening, strengthening and inspiring experience, it made me confront myself with important personal issues and made me feel safe and belonging."

DP





AUTHENTIC DANCE

Discovering ones authentic expression in movement in three sessions (beginning, middle, end of the training). In pairs, one is the witness/observer, the other is the mover.

Session 1, beginning part of the training: The invitation is to keep eyes closed for the mover and follow its own needs, intuitions, sensations into moving with and in the environment, using all senses and inner states to express her/himself through the body. The witness also stays aware for danger and keeps the partner safe. After 15 minutes there is a verbal mirror by the witness “what I saw in your authentic dance...”
Change roles and repeat the process.

“I’ve been able to learn from all of them in terms of knowledge, ideas, sharing and sensitivities. I had the opportunity to reconnect with myself and explore new possibilities within myself and around me. The place (the Valpore forest) was very inspiring and regenerating. I learned a lot from everyone, and left feeling inspired and inspired for my future projects.”

ML

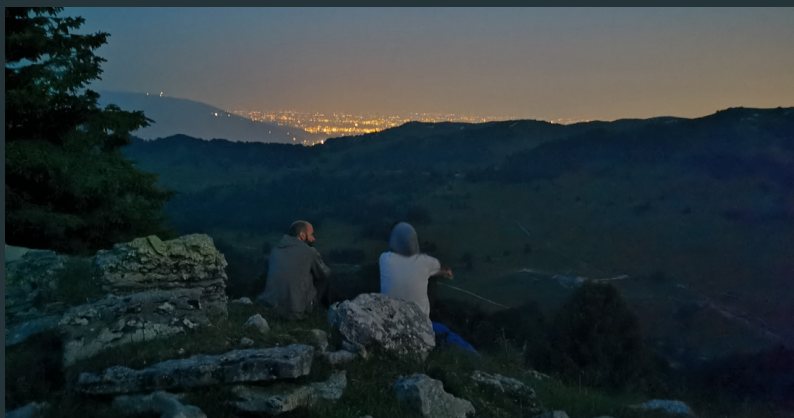
Session 2, middle part of the training: The invitation for the mover is to decide when to open or close the eyes using authentic dance to interact with the surroundings following inner instincts and needs, The observer is invited to active witnessing for an engaged distance and write or draw what sees in the partner's authenticity and his/her body interactions with the environment and elements. After 15 minutes the witness hands over his/her material as a mirror for the mover, then they change roles and go into the process once more.

Session 3, ending part of the training: The invitation for the mover is to recall all the training experiences, bringing the mind into a journey of memories, allowing sensations, images, emotions to re-enter the present state and move the body like writing a diary with the body. After 15 minutes, the witness gives back verbally what has seen in the mover as a mirror. They then change role and repeat the process.



“Deeply transformative, this training allowed me to touch a wilder and freer side to myself that has the capacity to transform energy into focused action.”

HV



THIS BOOKLET IS AN OUTCOME OF RHYZOME PROJECT WHICH IS FUNDED BY ERASMUS+ AND SUPPORTED BY AGENZIA NAZIONALE GIOVANI.

THE PROJECT WAS IMPLEMENTED BY TEATRO INVISIBILE ORGANISATION AND SUPPORTED BY THE PARTNER ORGANISATIONS.

