

# IMPROVISATION CHALLENGE

10 DAYS

# A 10-DAY IMPROVISATION CHALLENGE TO IGNITE YOUR CREATIVITY

Join us for a 10-day improvisation challenge designed to enhance your creativity, deepen your self-connection, explore various textures, and venture into the unknown.

This is a collaborative challenge we embark on as a community, allowing us to draw closer, observe one another, and share our insights.

This summer, let's encourage each other and grow together through our passion for movement!

# RULES

1. Accountability– Informing your community, mentor or accountability partner about your participation and progress.
2. Consistency– Following the challenge daily for the prescribed number of days. No excuses.
3. Documentation– Writing about your experience, observations and shooting videos of yourself doing the challenge.
4. Sharing– Participating in the community group, showing your documentation and snippets as well as witnessing and encouraging other participants of the challenge.
5. Creativity– Give yourself the space to be creative and surrender to the process. Keep a judgment free mind and simply react to the challenges and instructions.
6. Playlist– Already have a list of songs saved in app (adfree so as to not disturb you), make sure the music is subtle, meditative, light, instrumentals. It should not overpower your inner thoughts and feelings.
7. Time yourself– Minimum of 10 minutes of movement (usually 3–4 songs) or more. Take note of time before and after you get into it.

# DAY 1 - MOVEMENT MEDITATION

Choose a starting position that feels right in the moment. Standing, sitting, lying down. Close your eyes and focus on your breath. Don't pay attention to the thoughts, let them pass like clouds in a big blue sky. Keep focusing on taking long and intentional breaths, count them till 10.

Next, start the intention to move within you. Wait for your inner voice or an inner pull to let you move. For eg, if you feel like your hand automatically wants to start moving, you let it. There is no right or wrong.

Keep looking for the inner voice/direction/pull/intuition to make the movement happen. Further, listen to your body and only move in ways that "FEEL" good for the body. Observe the textures that come from it and let yourself flow deeper into that texture.

Don't question what comes and only keep the intention of movement and listening to your inner feelings and body. Even if you don't move at all, it is fine. Can you slow down your mind enough to let your inner being express? Can you slow down enough to listen to what your body needs?





# DAY 3 - MOVE TO MANIFEST

Take a moment to write down your ideal day. One where all you've ever wanted, already exists in your reality. Waking up in the house you envision for yourself, next to the person you love (or your cute pet), going to the job you want or training the body you've always desired and so on. You could also choose a specific goal or moment you seek to experience, for eg. performing in front a huge live audience in the biggest auditorium you can imagine.

Now, it is time to visualise and live those moments as if they are happening now. Close your eyes and go into the visual details of everything you wrote and imagine it as if it is real. Live those moments and dance those feelings. Imagine yourself actually dancing in front of that audience or dancing in your dream home/studio, in class with your favourite teachers or behind your favourite artists.

Anything you truly want, can be manifested and lived in this moment, right now. What you would feel when those things happen can be felt now, if you can use your imagination and believe in yourself and your dream. Use this exercise to manifest anything you want.



# DAY 4 - THE AVATAR

Become the elements or the avatar that controls them. AIR, WATER, FIRE EARTH and SPACE. One by one, feel what it would be like to control and embody these elements.

You already have these elements inside your body, now you learn how to channel them. Your body is made of 72% water, air flows through your respiratory system, earth is your skeletal structure, fire is the chemicals responsible for breaking down food and create energy in your body to function and the rest is space.

Observe the textures associated with the different elements; water flows and adapts, earth is grounded and structured fire is explosive and unpredictable, air is light, subtle and rough, space is expansive and vast.

Explore these different elements in your body from the inside out. Find the inner feeling of these elements and textures and translate it into your outer movement, How can you flow like an unstoppable river or be light on your feet like air. Observe which element comes naturally to you. Once you understand these elements, they can also be used in the execution of choreographies.



# DAY 5 - CREATURE

Movement can be seen and appreciated everywhere, especially in the Animal Kingdom. The way a cheetah runs, a snake slithers, gorilla walks or a lion hunts. Their skeletal structure and how they use it has been studied by movement artists to inspire different textures in their own movement.

One style that comes out of this is the animal flow movement that people use for fitness. Where you have to mostly stay on all fours, crawling positions and learn how to take weight on your hands as well. For your improvisation then, you can challenge yourself to stay on all fours and move around like an animal for the entirety of a song.

Next, you could take inspiration from any other animal or creature and explore their movement style. You could use your shoulder blades and imagine you had wings, explore movement of the arms and what you would do if you had to use those wings to fly.

You could imagine your spine was a snake and explore your spinal movement in that slithering texture. Let your imagination run and become any creature that you can think of.



# DAY 6 - SPATIAL EXPLORATION

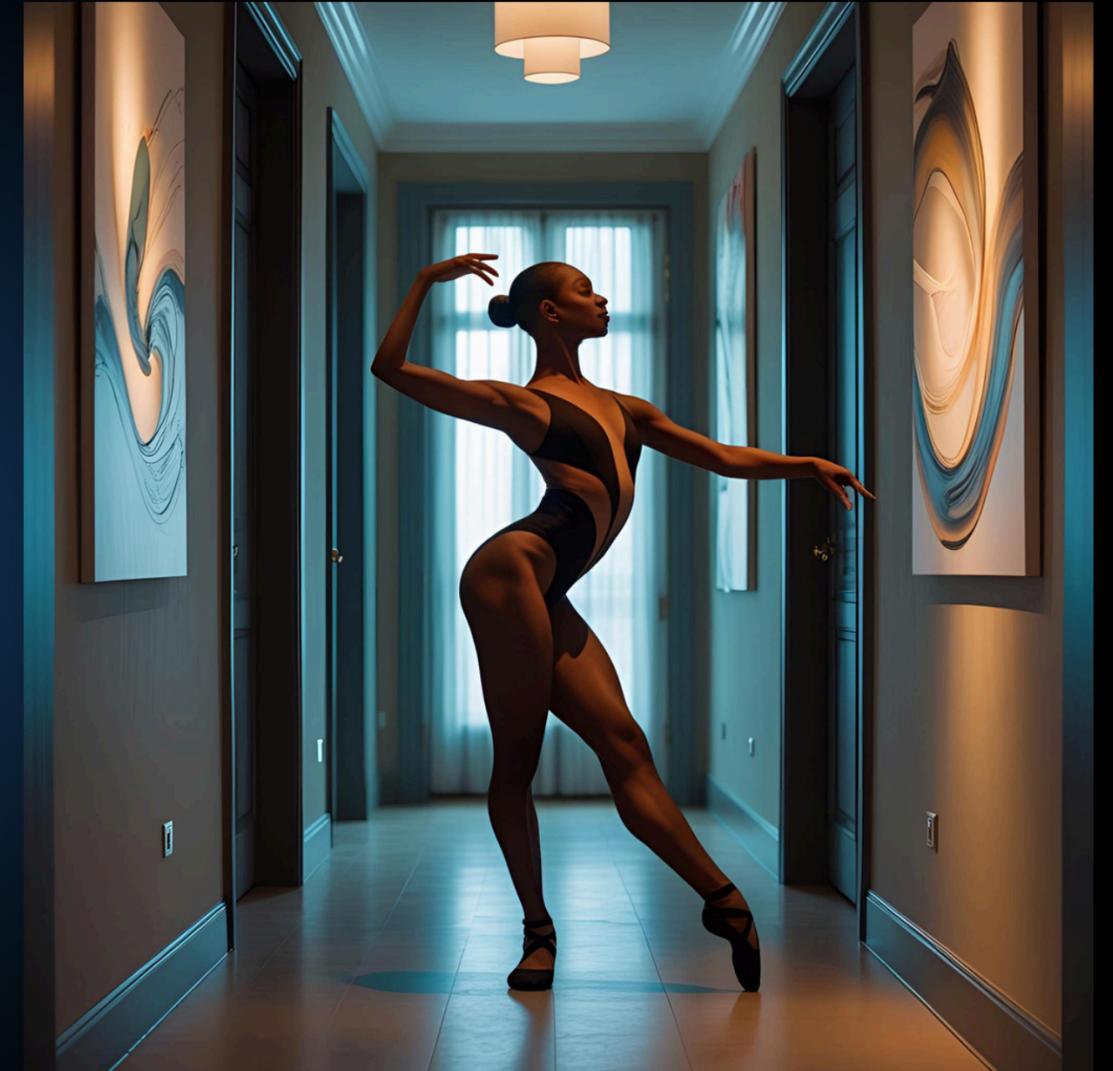
Find a unique space in your house to move in. The objective is to increase awareness of the space around you and observe how your movement can adapt to that particular space.

You could also use that space as a prop to move with. Hence, the space you choose has to be interesting and interactive.

For example, a slim corridor in your house where you have to resort to smaller movements and use the walls and length of the corridor. Another option could be using the sofa or chair in the house to move on top of and around. You could choose to go under a table and explore the different shapes you can make with your body and how the smaller space affects your overall expression.

I encourage you to explore and look out for different potential spaces that force you to move differently as well.

PS: Try recording this particular exploration.



# DAY 7 - ISOLATIONS

Bring your awareness down to one part or section of the body at a time and move using that part alone. Isolating that muscle or skeletal structure and expressing yourself or the music through that part alone.

Your objective is to restrict yourself to that particular isolation for a few minutes or one whole song if possible, not giving into the need to add body parts and start moving freely. It is important to limit yourself first so that you can reach the full potential movement exploration of using that part alone.

For example, starting from the neck alone, then shoulders, elbows, wrists, whole arm, ribcage, scapula, pelvis, tailbone, hip girdle, knees, ankle, feet. you could even restrict to only left side or right side of the body.

After you somewhat master this, you can move onto combinations of two different structures.

For example, your fingers and knees move together or your tailbone and head move together.



# DAY 8 - PARKOURRRR

Set an “obstacle course” in your room/house or make a map that you need to follow. Different points in the house that you need to move to. A to B to C to D. These could be different levels, furniture, spaces in the house.

You need to go through these different points and explore movement as you travel. Bonus points if you can include levels (going on top of tables, beds or completely below, close to the floor). This could be pre-decided so that once you start moving, you can focus on that exploration.

If this feels complicated, don't worry because it can be as simple as you want it to be. It can be a simple track of different points in your room or house you need to travel to and your transitions and travel are the major part of the exploration.

The objective in this is for you to start moving around the physical space around you instead of your usual small space, you are pushed to move in a particular direction and multiple places AS you move all at the same time. This will force you to move bigger, with directional awareness and build on the spatial awareness exercise of day 6.



# DAY 9 - MIRROR WORLD

Move with yourself in the mirror. Dance with yourself as you appreciate yourself, love yourself and remind yourself of everything that you are proud of about yourself.

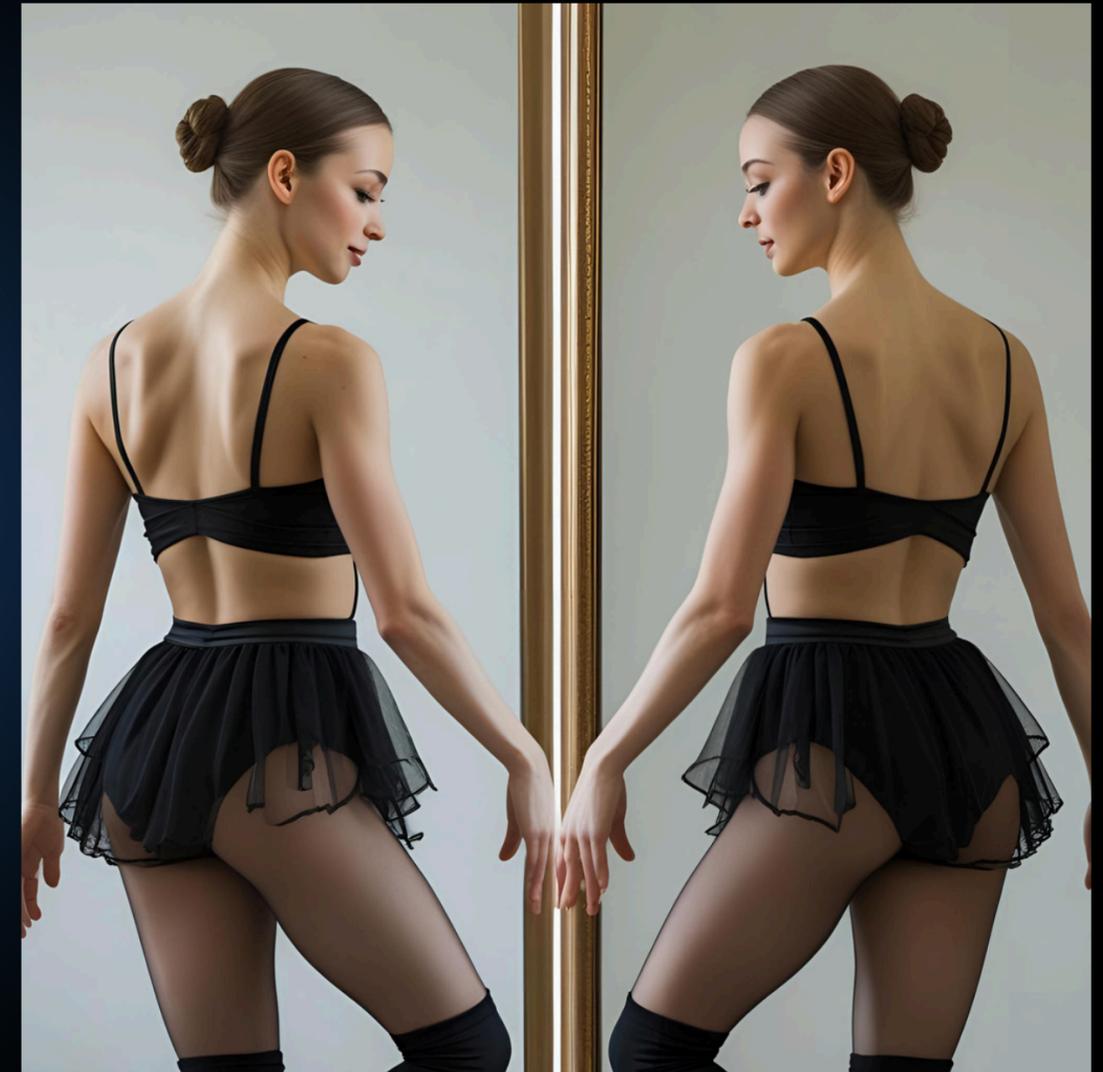
A completely selfish, self-obsessed feeling with your movement as you go through movement that feels confident, sexy and empowering

Can you get lost in yourself and the mirror world beyond this reality?

Can you appreciate yourself and manifest the version of yourself you hope to be AS you move?

The objective is to observe yourself, appreciate yourself as you move and get lost in yourself. Move slowly and intentionally, explore different shapes you can make with your body, have a conversation with yourself as you move.

Notice, are you kind to yourself? Is your self talk negative or positive? Do you like what you see in the mirror or are you harsh? Do you look into your eyes or your body?



# DAY 10 - FREESTYLE

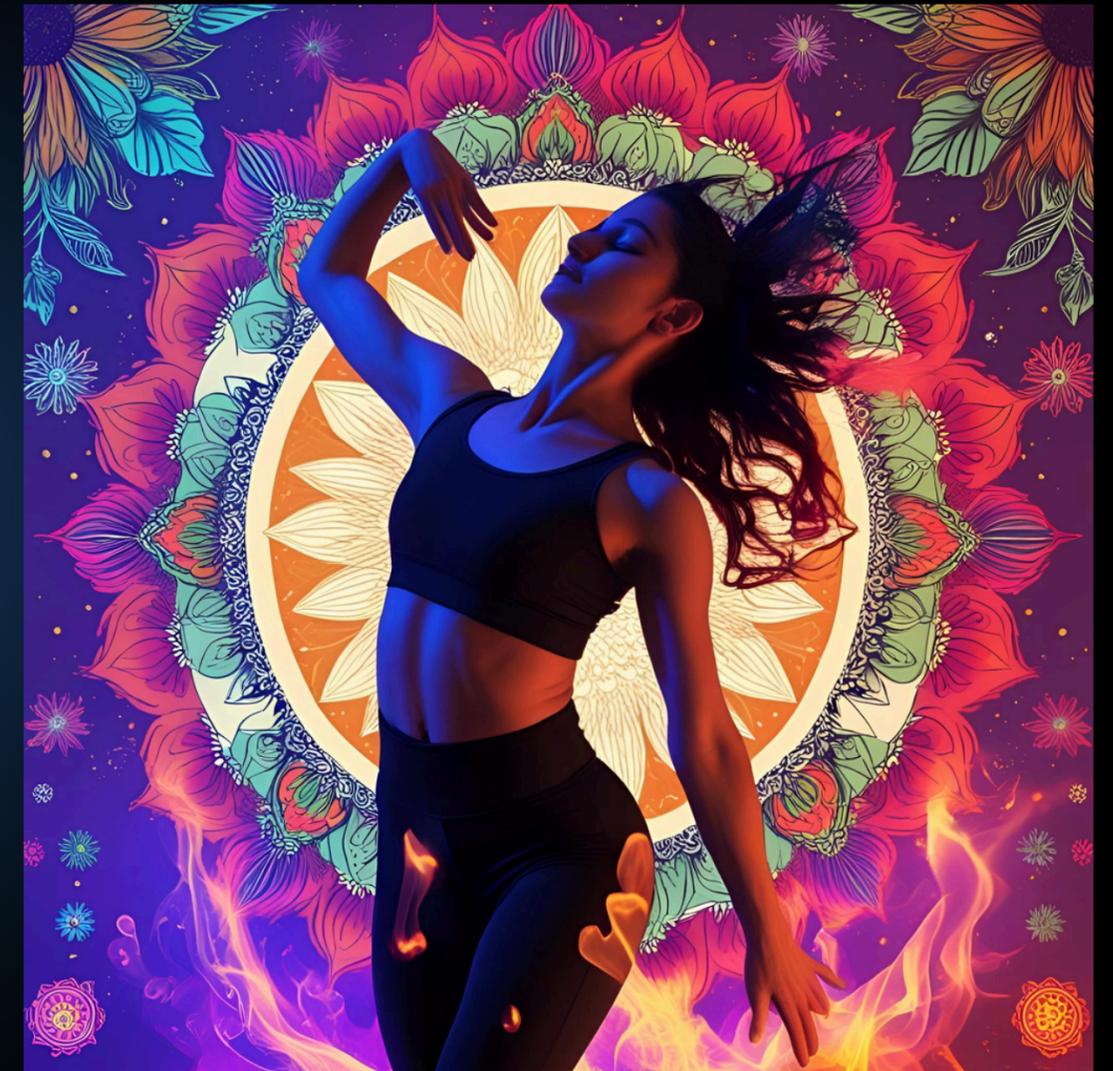
Congratulations, you have arrived at the last day of this improvisation challenge. I am so proud of you and I hope you are more connected to yourself and your movement.

Take a moment to go over the rest of the days and the lessons you learned along the way.

Observe yourself and what you are feeling in this moment. Choose music that resonates with that feeling and just move.

No rules, no prompts. nothing to follow but your own inner feeling and rhythm, going wherever your body takes you. It could be a compilation of everything we did in this challenge or it could be something completely different. Again, there is no right or wrong. It is just you trying to maximise yourself and expanding your uniqueness.

No particular style but an amalgamation of everything you are and every style you have learnt over the years. Surrender to the movement.



# THANK YOU

Thank you for taking out this time for yourself and your growth towards the right direction. You have just invested in your artistry and taken a dive into yourself.

There is still so much to explore and every time it will be different. You are never getting the same moment again. You are wiser and more in tune with yourself today than you were 10 days ago (even if you might not feel it yet, trust me, you are).

They say it takes 21 days to build a habit. If you enjoyed this challenge and want it to make a lasting impact, you can start again from day 1 as day 11. Add your own prompts and just play with it. Imagine, moving everyday just for yourself, because not only does it make you happy, release all the excess energy and brings you closer to yourself, it also builds you as a dancer and artist. Now you truly understand what it means to have movement in your life and how you can zone into it anytime you need it.

