

***Drawing practice- Annette Brandanger***  
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Thank for your interest in trying out this practice:)

I started doing “The drawing practice” as part of my TWV training. I have continued to dwell into this experience and now I am curious to hear what the experience will be by others than me.

For me this practice is much about entering my mind and body while simply allowing myself to draw on a piece of paper. This experience have given me a number of great experiences.

This has inspired me to start researching how this can be used as a metode inspiring movement with non dancers.

The Practice.

1. You need a piece of paper, great if its bigger than A4
2. You need a pen, char coal, paint or lipstick. Something that will make a mark
3. Choose a piece of music you wish to work with, It can be conscious choice, random choice or simply use the radio- when the next tune starts your practice starts.
4. Optional: First do a mobilising sequence for your self, to make sure your body has woken up. I usually move gently through my body, visiting rotations and spirals in multiple joints.
5. When ready you find a space on the floor, where you can sit comfortably and feel free and open. Your piece of paper is in front of you and your pen
6. Start the music and let yourself connect to the rhythm, the flow, the pauses, the puls... through your body, when ready you let the pen meet the paper, and gradually the movement you are experiencing will build up a drawing.
7. You may choose to close your eyes or keep them open. The main focus is to avoid composing and making conscious choices on what you draw.

It would be great if you can give me feedback on how you decided to do this practice for yourself, and what immedate fellings you experienced shortly after? Did it inspire you in any direction? And are you tempted to do it again?

Thank you again for trying this out :)

Annette

