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Generation Stew

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Finding Common Ground

Our main objective is to initiate conversations in order to integrate, rather than segregate, as well as to observe, how we potentially can connect across generations through physical movement, and also learn to avoid expectations, assumptions or fear.

In addition to verbal communication, the connector is - movement, or more specifically, DANCE. Can movement / dance become our common ground? Let's look at how we can break stereotypes, avoid "otherness" and build positivity and acceptance across generations.

Exercises

1. *Please breathe responsibly*: Mindfulness begins with conscious breathing, in order to be observant of our environment, we must learn to be observant of ourselves.
 - a. Ujjayi / Kapalabhati
 - b. Breath and Movement
2. *Smokey Mirror*: Walk, search, connect
 - a. Finding someone that is seemingly from a different generation - breathe, observe, describe. What do you think of me?
 - b. Mirror movement - Facing one another, follow, enjoy.
3. *First Time*: Let's share a first time event of something exciting.
 - a. First Pet
 - b. Kiss / Love
4. Let's make a "stew":
 - a. Share a meal.
 - b. 3 Favorite dishes.
 - c. Favorite way to move.
 - d. Food for thought.

References

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