

(This is a site-specific experience/exercise to explore a landscape, whether urban or rural. Meet participants at a chosen location at a chosen time, and hand them each an envelope containing the instructions below. As well as being a performative event in its own right, once the experience/exercise has been completed, the observations/impressions/feelings gathered during the walk can become stimuli for creating and devising performance material.)

## **THE GENTLE RHYTHM OF WALKING IS OFTEN A TONIC FOR TOUGHT**

Hello. Welcome. Now I have your attention: Sssshhhh..... Please remain silent for the duration of the experience, and read carefully... Don't worry - you can smile, no need for glum faces. First and foremost this is going to be fun.

Could you please take off your watch? Put it in a bag, or your pocket. Also, if you wouldn't mind turning off your phone that'd be great (please actually turn it off, don't just put it on silent). You can take a moment to do this. Cheers!

Now... You are almost ready. Before we get going there are just a few things you need to know. In a few minutes I am going to put my hand up, that means I will begin to lead a walk. You won't know if I have planned my walk, or if I am wondering aimlessly; maybe I will be doing a little bit of both. Just follow. Keep my pace. When I arrive at a certain location, whether randomly or with intent, I will make a clear stop. Then, I will raise my hand. At that point, you can raise your hand too if you would like to lead next. *If someone else raises their hand at the same time as you, neither of you will be able to have a go, and someone else will have to take the turn. Like me, you'll be able to hand over to someone else whenever you want, simply by stopping and raising your hand. When you are leading you will be able to do so at whatever rhythm you want. But please lead responsibly, particularly when crossing roads.*

Above all, don't worry, I can tell you that these things always have a way of sorting themselves out, even in silence. Remember, above all this is going to be fun. Now, ready? If so, just fold this piece of paper, put it in your pocket, and wait till it looks like we can get going. Enjoy. The gentle rhythm of walking is often a tonic for thought.