

Walking...is drawing. It is a catalyst to understand and engage with the specificity of the area and helps create a sense of place. It connects us to the architecture of a place and to its people; it helps us better understand the cultural dimensions of a place; and it grounds us in the complex texture of a local environment.

When we walk, we begin the process of mapping, observing, and perceiving the visible/invisible paths that shift and transform beneath our feet. Walking provides opportunities to tap into (shared or individual) history and memory. To make a mark and tell stories in the natural and urban landscapes, either real or imagined.

Exploratory Walk: 1- Looking up and bending back around

Tools: Body, pencil, post-its, map

Time: Approx. 2-4 hrs.

Location: Your neighborhood

Close your eyes and listen.

Play an instrument and imagine the sound you make

(Breathe: inhale, exhale)

Stretch your body and imagine the muscles being pulled away

(Breathe: inhale, exhale)

(Listen)

Imagine your arms and legs as vectors

Moving in time and space, direct that energy back into your surroundings

Borrow/exchange this energy. Share it.

Body lines created in space, intersecting with forms and buildings within the urban landscape.

(Breathe: inhale, exhale)

Choose a direction to walk, following one of those lines created by your body, stretched. Where to?

Walk. Look up every 5 minutes. What do you see?

Pencil drawing, fold sketch and tie tuck it into landscape/cityscape. Leave this note/memory behind.

Stretch your body and again, follow those lines created by your body, stretched. Walk.

Bend that line until it forms a circle.

Walk that circle, start to end.

Circle walk-

Look up every 5 minutes. What do you see?

Keep drawing, folding, leaving these small notes/memories things behind.

Bending back around to your starting point. Perhaps.

(Breathe: inhale, exhale)



