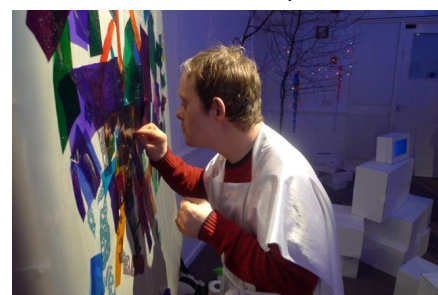
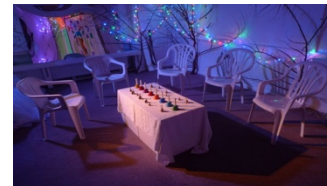


Ice Retreat

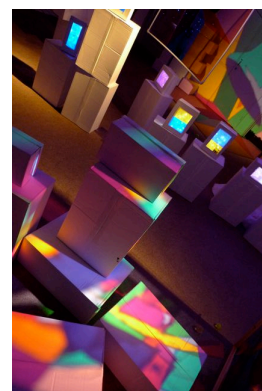
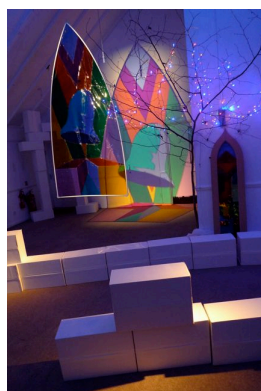
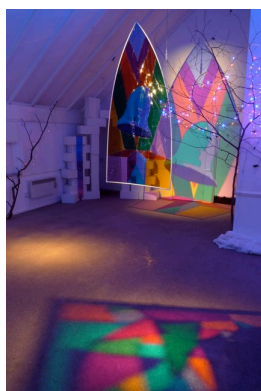
Environment: White table - with various toned bells. Chairs, ice trees still around. Stained glass window screen joining spaces + baskets of gels and water sprayers. Giant stained glass window reflecting on back wall. 2 mobile stained glass windows. Bead curtains, coloured see-through balls, coloured streamers, gel-light boxes, white boxes making archways.

Bells Enter slowly, chanting, playing big triangles. Take places and choose a bell. Listen to sounds of different bells, build up call-answer, rhythmic ding-dongs. Focused listening and playing, though can also be playful. Add naming and singing.

Screen Light up screen. Play with shadows, coloured gels, looking through colours, then begin to create own window, sticking on gels to cover the plastic with a riot of colour and shapes.



Window Illuminate stained glass window, explore the colours on faces legs, white costumes. See colours on floor, walls, selves. Feel, see and hear the dangling coloured beads. Roll, bounce and scatter the coloured balls, make spinning coloured rainbows with the streamers.



Boxes Use the white boxes to catch the colours - dance with them through the colours, pass them to and fro, build walls, arches, pathways covered in colours. Collaborating and working together create your own 'spaces'

Gel boxes As lights dim, different coloured gel-boxes are lit, reflecting coloured lights through crinkled polythene which crackles and crunches when hands explore inside. Use to light a pathway home.

Evaluation: Chairs set at a distance from table encouraged patient turn-taking and listening to different sounding bells. Some excellent sessions with really unified listening and playing. Found it worked best when totally acoustic. Many individuals became totally engrossed in creating their own coloured screen. Stained glass window stunning! Gave huge coloured space in which to play - looking through, hiding behind etc. Added extra tactile elements for visually impaired i.e. bead curtains, balls, streamers. White boxes picked up colours brilliantly and much fun was had building different structures (and knocking them down!) The light boxes gave a serene, peaceful feeling to the end of workshop, creating a beautiful peaceful environment.

