

For Pauline's 85th Birthday

Listen Dance Now Howl

by Heloise Gold

~To be performed anytime it occurs to you; as a solo or with others~

Set a timer for 85 seconds

*Listen for the very first impulse to move
and follow that moving impulse
don't stop*

*Once you begin moving/dancing
keep going*

allowing natural changes to emerge

Follow your curiosity

trust the intelligence of your body

*Listening with and through your whole body
every cell*

is in a state of heightened listening

Keep following

moving

responding

When the time is up let out a HOWL

and bring your dance to a close