

Pre-distillation data sheet

Name: _____

Location: _____

Time: _____

Duration of Practice: _____ Start time: _____

Duration of Distillation: _____ Start time: _____

Circle one: Wind Water Organic Matter Fire Animal

Brief Description of your distillation: _____

What was your embodied route? (check all that apply)

Interacting as _____ with _____

Material responding to _____

Abstracting. Describe: _____

Physically replicating the movement quality

Physically replicating the actual movement

Interacting with thing as terrain

Other: _____

1. What did you discover about this space and yourself?

2. What questions about this place or yourself does your discovery pose?

3. If there is anything else about your experience you would like to comment on, please do so here.