

**iLAB Protocol**  
**July 31, 2008**

**PRE:** Arrive enter the space with simply the desire to explore and describe it to yourself  
**TIMING:** 5 or 10 minutes.

**STEP #1:** Get in your body (feel your body) – tapping into curiosity  
**TIMING:** 10 minutes

**STEP #2:** Pick a focal point(s)  
**TIMING:** Untimed

**STEP #3:** Explore using any (or specific) tools  
**TIMING:** 15 minutes

**STEP #4:** Name your experience/findings, and fill out data sheet  
**TIMING:** Untimed

**STEP #5:** Choose your embodied synopsis format (accordian, extraction, other).  
**TIMING:** Untimed

**STEP #6:** Encapsulate your discoveries and methods into an embodied synopsis  
**TIMING:** 5 minutes (video record this)

**STEP #7:** Distill your discoveries even further in a brief embodied expression of your experience (abstracting, decontextualizing, personalizing, finding meaning)  
**TIMING:** 1 minute (video record this)

**Adaptation** – A floating step. If the environment you are working in requires a change in methodology (either in activity or duration), create an adaptation and note the difference. Persistent adaptations will be developed as alternate protocols.  
**TIMING:** When necessary

**Reflection** – Make connections across distillations and experiences, consolidate what resonates with you, and document in some way (audio recording, film, writing, discussion).  
**TIMING:** Anytime