



GOING SOLO TOGETHER

“There is a vitality, a life force, a quickening that is translated through you into action, and there is only one of you in all time, this expression is unique, and if you block it, it will never exist through any other medium; and be lost. The world will not have it. It is not your business to determine how it is, not how it compares with other expression. It is your business to keep it yours clearly and directly, to keep the channel open. You do not even have to believe in yourself or your work. You have to keep open and aware directly to the urges that motivate you. Keep the channel open.

Martha Graham



Hello Bawb, Hello All.

Making a SOLO can be a wonderful way of meeting ourselves and uncovering what might be important creatively right now. What might need to be expressed, digested, discarded, transformed.

Making a solo work can be a great enquiry. It's a little like living with a stranger that you get to know intimately over time, learn from and are somehow changed for the better by the act of meeting them. Making a solo is another way of greeting ourselves with some of the deeper creative themes that thread through the fabric of our lives.

The idea is simple, we take a year to travel along together in making our own solo.

It's a kind of midwifing an idea from gestation to birth, and for that we need support of a community who we can lean into as we inevitably get lost along the way.

So we will meet as a group on 6 weekends over the year, take time to look at ways into listening deeply to our preoccupations. We will support each other in drawing out and revealing the thread of our work.

Will be dancing the questions that emerge from hunches. Those fleeting images, sense impressions, dream fragments of something nebulous that for some reason keeps returning as important. The 'work'

part of any creative process is how we form the hunch or even get to know it a bit better and what art medium best expresses that feeling and brings it out to the world.

As we travel along any creative process we get to encounter ourselves both in the ecstasy and in the ordinary everyday struggle of trying to follow our hunches. The reason it's a year and not a week is that something happens when we live with a process of making for a year. It's a commitment mostly to ourselves to draw out what might be important.

In a way what the 'thing is at the end' may not be that important, or it really may be, but the way we live alongside our curiosity with whatever emerges will be a good process whatever happens.

I will be leading a series of workshops that get the body and imagination in a place that is open to receive what is already there.

My sense often is that there is an idea laying dormant, like in a slumber, gently waiting to be woken up. Our work will be that, waking up our creative voice and bringing it out into the open.

The process will be open for up to 10-12 people so we can get to know each other and have a good container of support and encouragement in our own discovery.

You will be encouraged, should you wish to check in with others along the way and offer and receive support by phone or the odd letter during the year.

No ones work will look the same, feel the same, or share the same preoccupation but 'Going Solo' Together' will allow a depth and support that can be hard to find by oneself.

'Going Solo TOGETHER' is a year long solo making process that includes a sharing at the end.

Like any creative process that involves sharing our creative selves there is an element of risk, an element of vulnerability, and of inviting being seen. There are moments in the process that may be challenging or even difficult. But the intention is to take the challenges that rise, back into our making and back into our dancing. This process is for those with a sense of deep curiosity toward the creative, the uncertain and the mystery of being a moving body in the world.

It may be at times a therapeutic process, but it is not therapy, the emphasis is on creativity and creation, and this is often healing, but our intention is to find what's real for us in our creative lives. We return to our creativity, again and again, and to our own dancing voice, our own intuition, and trusting our bodies voice. As you go through the process you may want to elicit support in a colleague or friend or someone who you can share with along the way.

The process is anchored in a theme for each weekend

I will speak a lot about a web, it's a metaphorical web but in many ways it's very true.

We humans are relational creatures and were made to be with each other, to move and dance with each other. We are the all singing and all dancing species. When we share an intention of a collective enquiry and collective support, great things can happen.

Lets begin with a gesture of an open hand.....

Just do that now.....

open the hand

enter the whole body through your hand

as you read

pause

see how it feels..... in that gesture many things may become possible,
so many possible stories

What does the gesture ask of you next...

Is there a direction? a sensation to the movement? That draws you..

Can you close your eyes and feel into the next thing that wants to move..?

And then rest, and notice the afterglow of what just happened.

The act of making a solo whatever shape that takes is one that requires a commitment to curiosity, but



Work by Sian Griffin Going SOLO 2024

mostly to following your own aliveness and where that shows up in our own creative endeavours.

Yes there is courage needed, but a soft courage. Ordinary courage.

We will meet 6 times through the year, these times will be a time of deepening our enquiry together and to lean into the collective container of support, before we return to keeping things moving at our own pace by ourselves in the between times.

The Solo itself will reveal itself in its own time, in whatever form it takes, and we will build the conditions that allow it to emerge.

I will offer a metaphor of panning for gold here for making our solos.

Like panning for gold, small flecks of bright shimmering things will appear, piece by piece in your creative process. Our work may be to just sit there gently and patiently by the river swilling the water around until we see and feel something that catches our curiosity. There may be days when nothing appears, and others where the gold just keeps coming. We will just support each other to keep sitting by the river, taking in what comes by. Once we have these flecks of gold in one place, the alchemical process begins whereby we get some heat, put them in the fire and begin this process of transformation where we begin shaping something into a form.

It may follow a little pattern like this..

Receiving: We will just open to playing, seeing what comes, the hunches, and fleeting images and thoughts. Fragments of poems, a line of a song, a picture of a family member, a found object, a view from a window. We will bring these hunches into moving and into the body.

Locating: This might look like getting more specific about the thing that's important, teasing out what's important. We will do this both with dancing and witnessing each other and through bringing things into language and in relationship with another.

Exploring: *We will venture off to deepen our enquiry into the movement and words and sound and anything else that supports us, until we start to feel something shaping in some small and simple ways*

Gathering: We gather these things together in our solo, which might be a combination of writing, dancing, speaking.. until we find a form that best carries what wants to be expressed. We will try out little bits and be supported to draw out how we may share what's important.

Sharing: We share our solo in whatever way that feels good to us in one weekend we all have a time to be witnessed in whatever way feels right. We celebrate each other and our own work in whatever shape it takes.

Reflection: *some time to reflect alone and together about how this solo might go on or not, or what the process has enlivened within us.*

Each weekend will begin simply by being together, finding ways into our creativity and expression. I will be offering 'Scores' (score is a simple series of ideas/instructions to guide a creative exploration)

The process is anchored in a theme for each weekend

1: Landing: Landing in our bodies (sensation, image, orientation)

2: Developing: Our own language of moving

3: Orientation: ways of cultivating presence and support

4: Thresholds: Practicing and articulating presence

5: Scoring and Support of the Imagination

6: Sharing

We will begin each day at 10 am and finish at 5pm

FEES and PAYMENT GOING SOLO:

Once you commit to this process I ask that you also commit to paying the fee in full. If you decide to leave or are unable to commit to the duration of the process the full fee is still payable.

The cost of running this course and space hire mean that participants are asked to consider before applying.

There are 2 financial tiers for those participating to choose which tier they feel they can afford.

Tier 1 £850

Tier 2 £950

(2 Bursary lower cost spaces will be available to those on low income/unemployed)

Payment are be made at each weekend in instalments , or at the beginning in a lump sum

A deposit of £100 is asked to secure your place of the course.

Or via bacs:

REF: (name)

MR CD TOMOS

20-27-05

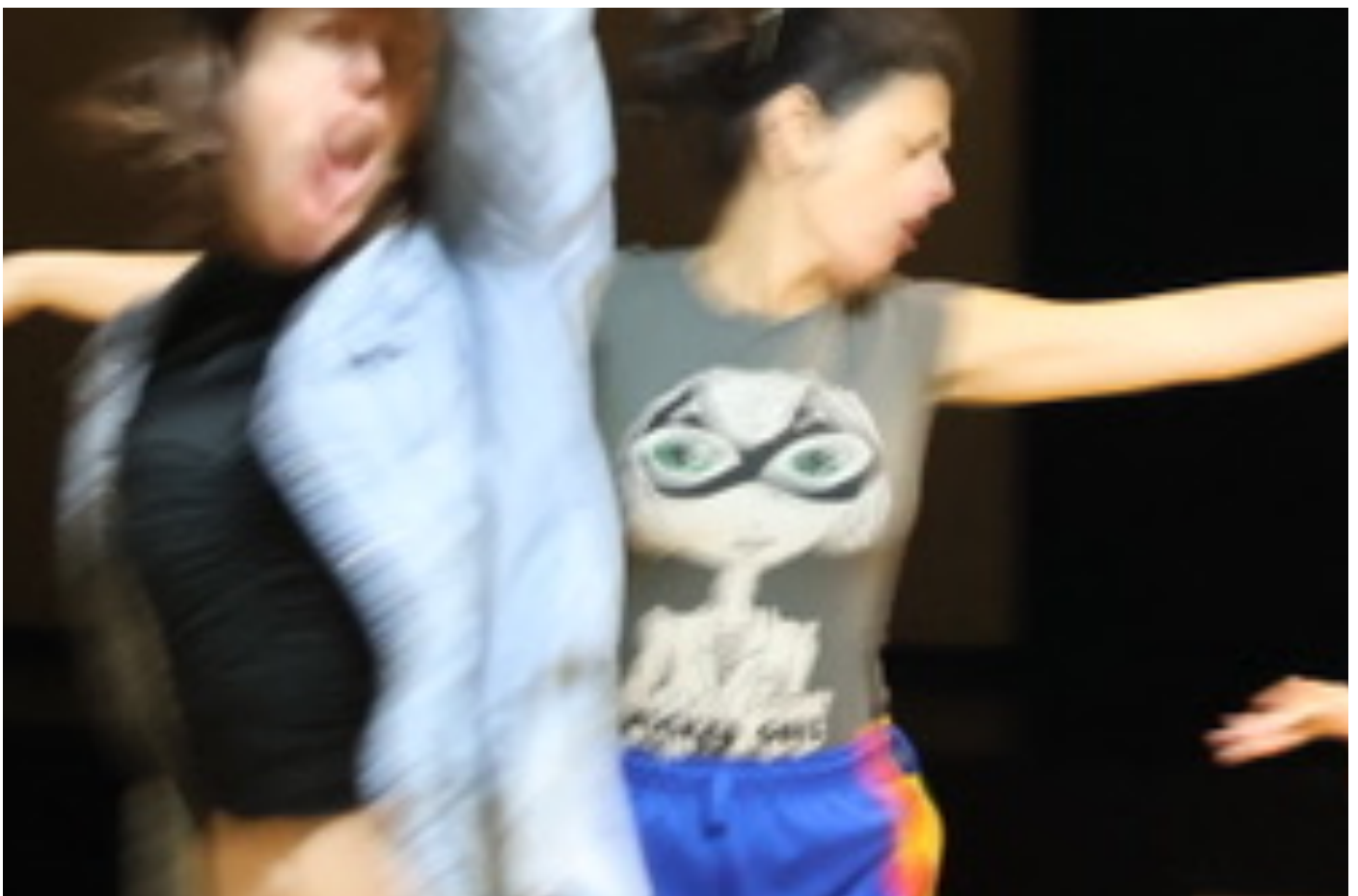
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Application/Letter of intent

I ask that those who wish to join this process write a short letter (one page) of intent, and wishes, outlining their desire to be part of a group, and  this creative endeavour. It is a way for me also to get to know you and find out what you may be seeking, also it may support in clarifying whether this process is right for you.

While this process is open to all it may be beneficial if you have experience in movement improvisation and somatic practices.

These letters can be sent to caitomos@me.com



Going Solo Together 2026
(Location) Ysgol Bro Hyddgen
Machynlleth
Powys
SY20 8DR

SAT/SUN 10am -5pm

Jan 24/25

March 21/22

May 16/17

August 1/2

Sep 26/27

November 20th Evening 21/22 day