

Coffee Savouring Activity

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Drinking coffee can be a special moment for many. It can move us from the busyness of daily life to an altered sense of space and time. But how often are we aware of such a shift? What might emerge if we were to lean in and pay attention to this alteration?

Let's do a motion-sensing inquiry into the shift of awareness that can happen in a coffee moment. In what ways does smelling, sipping and savouring a coffee make us more aware of the ways we move and are moved? What meanings unfold as we become aware of our coffee drinking signatures?

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- When is the last time you had cup a coffee that you really enjoyed? Earlier today? Yesterday? Last week?
- Can you take a moment and step away from your computer or phone and make or buy yourself a cup of coffee? Enjoy the moment fully. Just 'be' with your coffee and pay attention to what is happening in your 'coffee moment'.
- Now take a moment and reflect on your environment and your connection to self and/or others. What coffee drinking posture or position do you find yourself in? Do you take your time to smell your coffee? Do you look at your coffee? In what way do you hold the cup? What does it feel like? Does the shape of the cup matter? In what ways do you move the cup?
- Bring this experience to life in as much detail as possible.
- What is it that makes this cup of coffee different from other parts of your day?



Interdisciplinary Function2Flow Prompts for Reflection

<p>InterActive Function Actions</p>	<p>What function does coffee serve in your life? How many cups do you have a day? Does drinking coffee become a moment you look forward to?</p>
<p>InterActive Form Shapes</p>	<p>When having a 'coffee moment', where are you? Are you sitting/standing alone or with someone? How do you pick up & hold your cup? What do you see?</p>
<p>InterActive Feeling Sensations</p>	<p>What does it feel like to take a sip versus a gulp? What prompts the sip to emerge? Is it internally/externally motivated? Describe the timing & taste.</p>
<p>InterActive Flow Connections</p>	<p>Do you sense moments when you are drinking in more than the coffee itself? What are you drinking in? What are you sensing beyond yourself?</p>

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Writing & Drawing out Meaning

- What does it mean to savour and sip a cup of coffee? Look up the etymology of words like “savour” and “sip”. Does this prompt you to think of what drinking a coffee means to you?
- Describe your ‘coffee moment’ so that someone reading what you write really gets a feel for what savouring and sipping a cup of coffee is like for you.
- Consider using the present tense. You can also refer to the Interdisciplinary Function2Flow guiding prompts in the chart on the previous page. Emphasize your motions and the inherent meanings living within these moments.



Check out the references below for examples of practicing motion-sensing inquiry with an openness and curiosity for making moments in life even more meaningful.

- Lloyd, R. & Smith, S. (2022). Leaning into Life: A Motion-Sensing Inquiry into Becoming InterActive for Life through Partnered Practices. *Journal of Dance & Somatic Practices*, 14(1), 91-108.
- Lloyd, R. & Smith, S. (2021). [A Practical Introduction to Motion-Sensing Phenomenology](#). *PHEnex journal/revue phénEPS*, 11(2), 1-18.

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