

Motion-Sensing Phenomenology in Diverse Contexts

Workshop/Playshop Handout

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Welcome

Motion-Sensing Phenomenology (MSP) invites us to become increasingly sensitized to **living as well as lived experiences** through heightened awareness of motile sensations, feelings, and moods.

Rather than stepping back to reflect upon these experiences in postures and positions of repose, we will stay motile, or at least as motionally consciousness as possible, to remain in the sensitivities and sensibilities of the actions, interactions, and communal activities at hand.

A helpful heuristic we have developed for taking up the MSP invitation is the Function2Flow model of movement education. Throughout the workshop, we will explore how motional sense-making emerges through the interconnected dimensions of **Function, Form, Feeling, and Flow**.



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Activity 1: Entering the Room

First Writing Moment

Take three minutes. Think about entering this room today.

Write descriptively about how you felt when entering the room. Give sufficient detail so that, reading your description, someone else might similarly enter the room.

Simply write what happened. The purpose is to begin with an ordinary account before movement itself becomes the focus of attention.

First Account of Entering the Room

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Creative Attunement to Entering

Metaphor: Arriving As If...

Complete one or more:

- Entering the room felt like...
- My arrival unfolded as...
- Walking into the room was as if...
- Crossing the threshold felt as though...

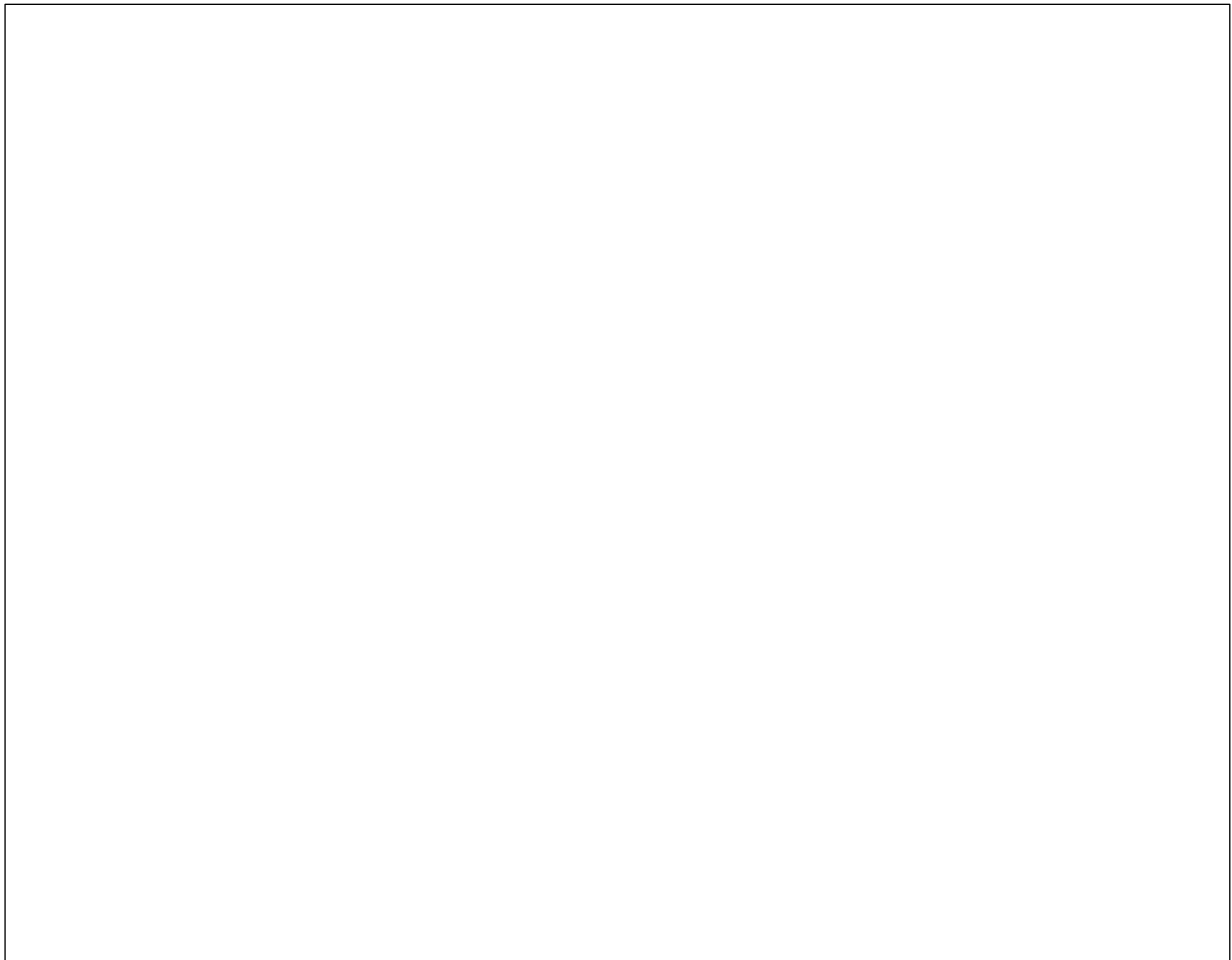
Draw the Arrival

Draw:

- pathways of attention
- moments of hesitation
- moments of openness
- rhythms of arrival

Do not draw the room.

Figure the movements and moment of arriving.

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies the lower half of the page.

Creative Attunement to Entering

Action: Arrival Gesture

Create a gesture that expresses:

- the movement of arriving
- the feeling-tone of arrival
- the rhythm of entering

Movement-Rich Language Bank

Circle words that fit your experience.

Force: powerfully • vigorously • gently • softly • boldly • tentatively

Effort: flowing • striving • yielding • releasing • pushing

Tempo: quickly • rhythmically • gradually • slowly • lingeringly

Direction: toward • away • inward • outward • around • across

Expansion: opening • widening • unfolding • reaching • growing

Contraction: tightening • narrowing • withdrawing • retreating

Flow: fluidly • responsively • collaboratively • harmoniously • synchronously • playfully

Introducing Function2Flow.ca

Let's revisit our experience of entering the room through four interconnected dimensions:

Function	Form	Feeling	Flow
What am I actually doing?	What does it look like I am doing?	How am I moving e/motionally?	How am I connecting:
• Walking • Entering • Greeting • Listening • Speaking • Waiting	• Posture • Gesture • Gait • Orientation • Openness • Hesitation • Movement style	• Expanding • Tightening • Surging • Settling • Energizing • Lingering	• To myself? • To others? • To the environment? • To the present moment? • To future possibilities?

Second Writing Moment

Take five minutes.

Write a short piece (paragraph) describing, analogously or metaphorically, what entering the room felt and seemed like. Be as imaginative as you want. Anchor the description in some aspect of function, form, feeling and flow that you were sensing when entering the room. Allow movement, animation, and relationship to appear within the writing.

Second Account of Entering the Room

[illegible]

Activity 2: Making the Familiar Strange

Inspired by Maxine Sheets-Johnstone's invitation to make the familiar strange, participants walk throughout the room while attending carefully to movement ordinarily taken for granted. (Provide options for people who might be rolling in a wheelchair or moving with an assisted device).

Notice:

- gait
- hip tightness/ looseness
- posture
- rhythm
- weight shifting
- timing
- pace
- balance
- effort
- moments of openness
- moments of tightness

Allow walking itself to become newly interesting.
Allow movement to awaken your attention.

Activity 3: Walking in Someone's Shoes

InterAction

Let's work in pairs.

One participant becomes the **Leader**.

One participant becomes the **Follower**.

The follower's task is initially to mimic the functions and form of the walk.

After leading and following for a few minutes, stop the activity and then invite the followers to think about how to not just mimic the walking motion but to:

- move with the leader
- enter the rhythm of the walking
- attend to its qualities
- follow its pacing
- feel into another person's movement world
- notice what animates the movement

Drawing upon Smith's notion of [*riding in the skin of the movement*](#), participants explore what becomes possible when we move with another person's walking rather than merely observing it.

Activity 4: Motion-Sensing Interviewing & InterFeeling

Following in Someone's Footsteps

Interview Structure

After the walking activity:

- The **Leader becomes the interviewer**
- The **Follower becomes the participant**

The interviewer asks: "**What was it like to follow in my footsteps?**"

The purpose is to describe what becomes functionally, formally, feelingly and flowingly noticeable noticed when entering another person's motional lifeworld.

Motion-Sensing Interview

What Drew Your Attention?

- What first called your attention?
- What remained noticeable?
- What stayed with you?

Animation

- What seemed to animate the walking?
- What gave the movement its character?
- Its quality?
- Its rhythm?
- Its momentum?

Moving Consciousness

- How did your awareness move?
- What became increasingly noticeable?
- What faded into the background?
- Did you begin anticipating movement?

InterFeeling

- What did you begin sensing through the walking?
- What seemed shared?
- What remained distinct?
- How did you move toward another person's movement world?

Meaning

- What became more alive?
- What became newly noticeable?
- What meanings emerged through moving with another person?

Third Writing Moment

Take three minutes.

Write a short piece (paragraph) describing, analogously or metaphorically, your interview experience.

Interview Experience

[illegible]

Motion-Sensing Interviewing

Following our interviews, let's pause to discuss:

- What is different about a motion-sensing interview?
- How is it different from asking for opinions or explanations?
- What happens when movement nuances and motional dynamics are the foci of inquiry?
- How does motional sensitivity enhance phenomenological sense-making?

Activity 5: Motion-Sensing Analysis

Carmen Video

Together we will explore a video example featuring Carmen (<https://youtu.be/cx8ypC7Pe98>).

Attend to:

- movement quality
- gesture
- rhythm
- affect
- tone
- joy
- relational presence
- changing flow of interaction

Let's discuss how movement reveals meanings that often remain hidden when attention focuses only on words.

Motion-Sensing Inquiry

- What movement qualities stand out?
- What seems to animate the interaction?
- How is joy expressed?
- How are Function, Form, Feeling, and Flow visible?
- What is revealed through movement?

Returning to the Interview

After discussing motion-sensing interviewing and viewing the Carmen example, let's return to the interview experience we just had. Consider:

- the creative sharing
- the conversation
- the moments of connection
- the moments of surprise
- the movement of awareness

Fourth Writing Moment

Writing Invitation

Write about your interview experience.

Attend to moments when:

- something became noticeable
- awareness shifted
- meaning emerged
- attention moved
- another person's words animated something for you
- you sensed a shift from viewing toward feeling

Writing Prompts

- What moved during our conversation?
- When did a feeling begin to emerge?
- What remained with you?
- What became more alive through the exchange?
- What did the interview reveal that following alone did not?

Interview Experience Writing Moment

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Activity 6: Collective Movement Dynamics

Beachball Rally

Instructions

The collective challenge is to keep the beachball moving for as many contacts as possible before it touches the floor.

Additional cooperative possibilities may be introduced:

- remain seated
- pass to a neighbour before sending the ball across the circle
- ensure everyone touches the ball
- use a body part other than a hand
- alternate body parts
- invent new rules together

The purpose is not competition.

The purpose is collective responsiveness, cooperation, adaptation, and play.

One Word to Describe the Experience

Movement Mood Toolbox

Dimension	IntraAction	InterAction	ExtraAction
	I Move	Moving with Someone	Moving in a Group
Function	Movement Possibilities (I Can Move) Dive In	Movement Connection (Seeing & Being Seen) Dive In	Movement Accessibility (Everyone is Welcome) Dive In
Form	Adapting Movement (Moving My Way) Dive In	Learning & Improving Together (Gains in Confidence & Competence) Dive In	Giving to the Group (Shared Leadership) Dive In
Feeling	Feelings in Action (Emotion in Movement) Dive In	Feelings in InterAction (Shared Exertions & Expressions) Dive In	Group Vibe (Emotions in Collective Movement) Dive In
Flow	Feeling Alive (Moving with Freedom) Dive In	Moving in Sync (Responsive Rhythms) Dive In	Group Identity (We are the Activity) Dive In

Movement Resources: <https://function2flow.ca/f2f-active-aging-model/>

Closing Considerations

Take-Aways

Every phenomenon can be understood through the existential of motility.

Motion-Sensing Phenomenology invites us to:

- Notice movement.
- Attend to animation.
- Follow moving consciousness.
- Explore feeling as movement.
- Investigate relationship through flow.
- Stay close to living experience.
- Discover meaning through motility.

Motion-sensing practices can deepen:

- Writing
- Interviewing
- Analysis
- Teaching
- Learning
- Research
- Clinical practice
- Engagement in Life

Other Take-Aways?

Complete

- Today movement revealed...
- What remains moving in me is...
- I leave noticing...

Closing Gesture

**For more information about
Motion Sensing Phenomenology, see:**



www.function2flow.ca



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