

CREEK WALKSHOP

CHALLENGING 'GETTING THERE', EXPLORING 'BEING HERE'

Duration: 2-4 hours

The walkshop includes walking 'the way of the water' in a local creek or stream, up to knee level.

Australian artists Suzon Fuks and James Cunningham lead participants through a series of processes: 'grounding' through body-based awareness, slowing down, being deliberately still, and allowing one's body to absorb the surroundings and the moment, and sharing personal experiences through discussion.

These processes are in development since 2007 through the artists' practices of sustained stillness and slow walking in streets and creeks in Australia, Canada, USA, UK, Germany and Indonesia, and involving farmers, environmentalists, artists and water lovers.

Following the walk, the session allows for discussion around:

- the ways in which the manufactured infrastructures we regularly traverse corral us into lives of instantaneousness, productivity, and 'getting there'
- alternative notions, such as 'being here', reversibility, curiosity and developing wonder in what already exists
- making connections between inner and outer worlds, and
- compassion, empathy, and the water-nature of all life

What to bring

- Pants: appropriate for muddy explorations, or shorts
- Footwear that can be wet: gumboots, well-soled sandals, surf booties
- Sunscreen, hat, long sleeves and drinking water
- A towel and a change of outfit for after the activity



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