



DIALOGUING WITH MY CITY'S FORESTS

LISTENING AND AWARENESS WORKSHOP

Introduction for the teacher or guide

In the world in which we live due to sound contamination, over-stimulation of all the senses at all times, very few of us know how to listen. Listening is being in the present moment. We are almost always guided by the sense of sight, leaving aside the sense of listening. This activity is intended to guide the group towards conscious listening.

Activity:

1. Introduce to the group the importance of sound and conscious listening.
2. Make an introduction on the Sound Map platform. For this, the guide should read the About VozTerra of the Sound Map platform.
3. Perform a series of exercises to connect with the physical body, release tension and prepare for a sensory experience.

Physical exercises:

All exercises will be performed by being aware of one's breathing.

Start by making circles with the hip towards the right side and towards the left side. Breath forward and exhale back. (5 times on each side)

With your arms loose at your sides, make a shoulder rotation first forward and then backward. Breathing in when the half circle rotation begins and exhaling the other half. (5 rotations on each side)

4. Guide the group towards internalization.

Internalization Format:

With your eyes closed and in silence, take 3 deep breaths and release any tension you have on a physical, mental or emotional level. (20 sec)

Focus your attention on the sounds around (35 sec.), then bring your attention to external sounds looking for the farthest sound (10 sec.), and then the closest sounds (15 sec.). Become aware of your breathing and listen to each inhalation and each exhalation (15sec.)
Make a deep breath and open your eyes.

5. The group listens to the different audios from the platform.

6. At the end of it, the participants answer the following questions in writing:

What did you feel? Did you feel any emotion?

How do you imagine the place where these sounds come from?

What kind of sounds do I hear?

Did you have any physical reaction? Which one?

7. The group shares their answers.

8. Participants leave a message on the platform about their experience.