

Self-as-Other-Trainings, Instruction: Textiles

Stand in front of the line.

Picking cotton

Bend upper body forward.

Stretch right hand out.

Grasp.

Stretch left hand out.

Grasp.

Stretch right hand out.

Grasp.

Stretch left hand out.

Grasp.

Stretch right hand out.

Grasp.

Stretch left hand out.

Grasp.

Pull hands towards hips.

Stretch right hand out.

Grasp.

Stretch left hand out.

Grasp.

Stretch right hand out.

Grasp.

Stretch left hand out.

Grasp.

Stretch right hand out.

Grasp.

Stretch left hand out.

Grasp.

Pull hands towards hips.

[repeat continuously]

8 min.

Spinning (placing cones)

Stand straight.

Move hands upwards.

Form hands to fists.

Move hands alternate up and down towards ceiling.

[repeat continuously]

Step to the side.

Step to the side.

Step to the side.

Step to the side.

Step to the side.

[repeat continuously]

8 min.

Spinning (tie threads)

Run few steps to the side.

Raise arms.

Bind an imaginary knot.

Take arms down.

Bind an imaginary knot.

Run few steps to the side.

Raise arms.

Bind an imaginary knot.

Take arms down.

Bind an imaginary knot.

[repeat continuously]

8 min.

Sewing

Bend knees slightly.
Raise right toes.
Move them back to the ground.
Raise right toes.
Move them back to the ground.

[repeat continuously]

Bend spine slightly.
Bend arms to the front.
Lift elbows slightly.
Keep hands flat towards front.
Move hands parallel forward.
Move hands parallel backward.
Move hands parallel forward.
Move hands parallel backward.

[repeat continuously]

12 min.

Recycling

Sit down cross-legged.
Bend arms.
Move hands back and forth in short movements.

[repeat continuously]

8 min.

Duration: 40 min.

Difficulty: Advanced

Tools: Rope (3m)

2018, Vivien Tauchmann