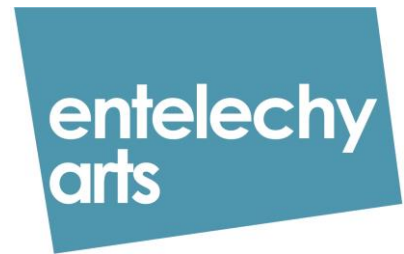


## Ambient Jam Collective – multi-sensory happening



### Ways you might join in:

- Take time to acclimatise. Be with your own choices, however tiny. You can simply sit there eyes closed. It's OK to fall asleep. Feel free to take your shoes off.
- Use the ambience of the improvisation to rest and decompress - a haven of time carved from the inner city – one that speaks to our physical selves.
- Take part and improvise with us through vocalisation, stillness, movement, and drawing.
- Choose where you go; you can watch from a distance or outside, move around, move through the improvisation, or take part directly.
- Artists will be present and can guide you through the experience.
- If you prefer, sit and watch people around you.
- It's improvisation. Have FUN!

**It's nice to see you! That's how we keep going. I won't say anymore.** by Albert.