


2pm - 4pm

*Saturday
17th May*

*Siobhan Davies
Studios
London
SE1 6ER*

Stimming Exchange



*Join the collective
conversation between
mark making, movement
and sound*

*STIMMING EXCHANGE is
a collaborative
performance
improvisation between
Xan Dye, Gerald Curtis*

*and Ambient Jam
Collective.*

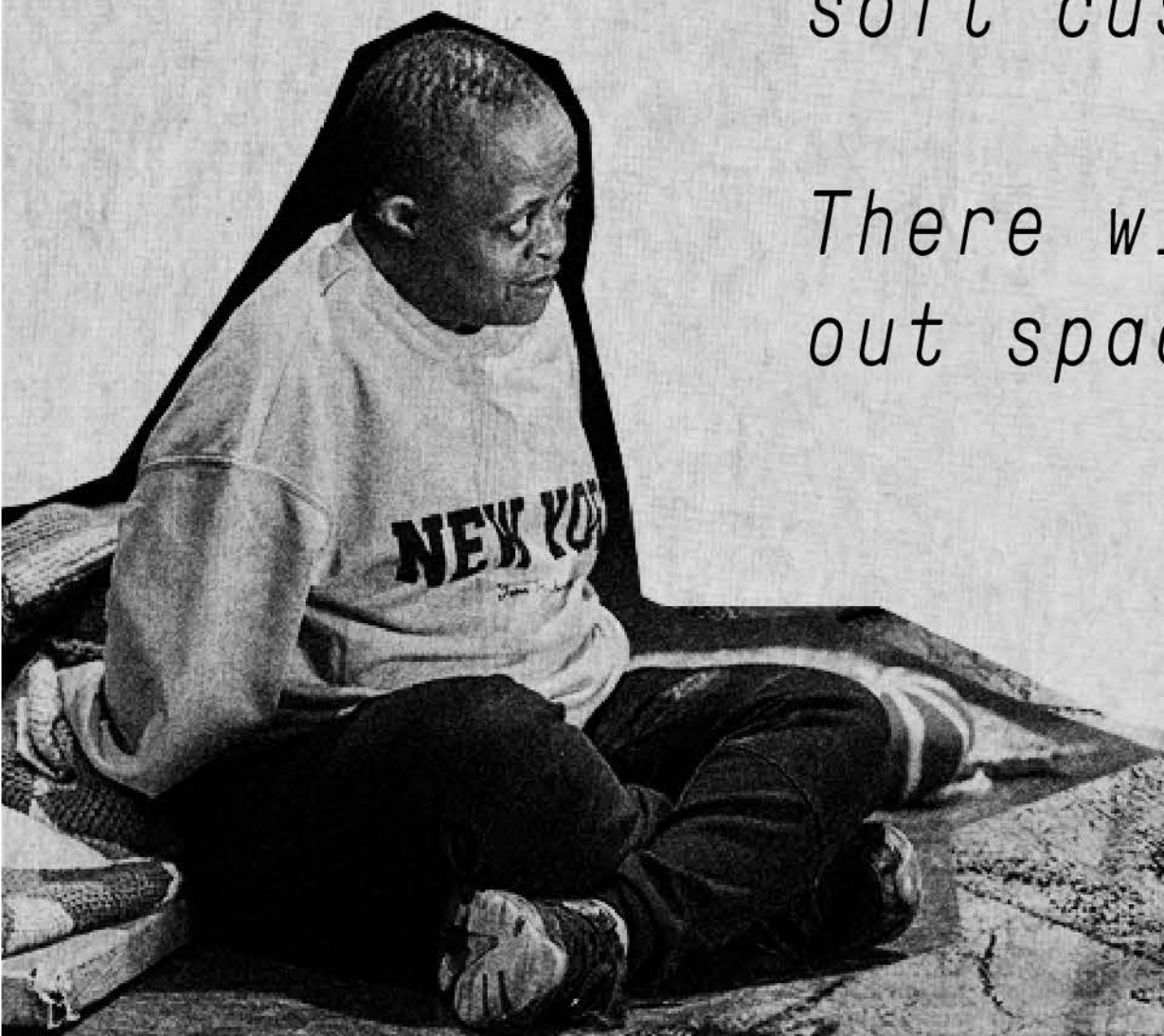


This is a Relaxed Event

*Arrive anytime, come
and go as needed.*

*Your presence, movements, sounds
and scribblings are all welcome.
There will be some seating,
soft cushions and space to move.*

*There will be a chill
out space.*



*This event is accessible for people
labelled with PMLD and their carers.*

*We will be working non-toxic art
materials that may mark clothes.*

*Depending on how
you choose to
interact, you may
wish to wear
clothes that you
are happy to get
messy.*



**SIOBHAN
DAVIES
DANCE**



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

**entelechy
arts**

Stimming Exchange

*is an exploratory
space for...*

*non-verbal, sensory,
or rhythmic ways of
being*

*people labelled with PMLD
and people of all ages*

*those interested in experimental art
practices and the dialogue explored
between drawing, movement and sound*

*taking permission to do
what you need and
follow what feels good*

*stimming as a form of
expression and
self-regulation*



At **STIMMING EXCHANGE** take permission to...

Take time to acclimatise and **be with**
your own choices however tiny

Choose where you go -explore the space or
settle and get comfy

Observe and witness -feel free to sit and watch

Listen or respond to sound -tune into sound and music.
Feel free to listen or join with your voice and
movements

Move, stim and dance -explore how the
rhythms in the room move you

Rest -close your eyes or lie down.
It's ok to fall asleep

Draw and paint -explore what happens when
your mark making is guided by sensation, rhythm
and repetition

Let your senses lead -feel free to interact with
any objects or materials

Explore repeating or staying
with what feels good

Artists will be present and can guide
you through the experience