

Walking Art Sessions

4 weeks at Hilldrop Community Centre

Uhambo is an IsiZulu word that translates to 'a journey'. The phrase uhambo luyazilawula loosely translates to 'a journey controls itself'. That is to say that while destinations may be planned, the act or process of journeying and the outcomes of that travel can never truly be controlled. To surrender to the walk connects us to ways of contemplating the significance of walking as a practice of movement, art, social exchange and discovery.

Week 1: Mindful Observation - audible inspiration

This series of walks centre around a meditative mindful walking technique that aims to open ourselves to seeing what is around us in a new way. Each week we concentrate on a different way of responding.

Sounds of the city are all around us. On this walk we stop to concentrate on distinguishing sounds, stopping regularly with our eyes closed to witness the variety of sounds and how the soundscape changes. We create a short composition using objects around us, or our voices, inspired by the sounds we hear. It is amazing how easy it is to create a new soundscape with these simple repetitive noises – maybe someone will want to speak or sing too?



Week 2: Object (Re)placement - lost and found

Misplaced objects are an important part of the urban landscape. Whether forgotten or discarded they can juxtapose against their surroundings or be moved into humorous, surreal or pertinent places. Each week we explore a new way to interact with the things we find.

Objects can often tell us much about our own humanity – what are the stories behind the lost bag? Who was so careless to leave their high heeled shoe on the pavement? The positioning and repositioning of these objects can leave curious artworks for other travellers if they care to see.



Week 3: Recording with paper - mark-making on paper – textures

Working in sketchbooks of various sizes these sessions explore our drawn responses to what we observe as we walk. Artists have long looked to their surroundings for inspiration. In this series of walks we use charcoal, pencil, pen and paint on paper to reflect our surroundings. The final effect may be drawn, written, or rubbed onto the paper – no previous experience in art or drawing is necessary. These sessions are best carried out when good weather is more probable.

To release anxiety and encourage experiment we explore textures we can produce using different utensils inspired by the myriad of textures around us. Once collected the textures can be cut out and used to create collages.



Week 4: Bodies in space - Mindful Observation – creative movement responses

The urban space is one of balance between nature and concrete. Where the earth weighs heavy with human made objects. It is one that humans have designed for humans and yet we often find innovative and creative ways to exist within it. Observing and reacting in this series will enable us to notice how our bodies juxtapose and contradict their surroundings in form or movement and meaning. This will lead us to question how we move in the space and how the space moves us.

Creative movement will gather our responses from visual stimuli garnered from our walk into physical movements. We will interact with each other's movements to create short choreographed pieces with amazing speed and ease. Culminating in very simple repetitive movements placed in short creative dance duos, inspired by what we have observed.

