

screaming practice

an outcry of our emotions getting heard and hearing other



scream?

i am in a need to let it all out.

screaming is a powerful mode of expression,
a raw release of emotions that transcends spoken language

It is not just noise.



'Screaming Practice' is an artistic endeavor focused on exploring the primal act of screaming in a safe, inclusive space. It's undergone three testing phases, emphasizing the power of screaming for emotional release and self-discovery.

The structured session involves intense breathwork and validating emotions. The project fosters community and shared understanding, functioning as a workshop for deep emotional exploration and connection.



format and space

exploration of the format workshop

Creating a workshop centered around screaming presents challenges.
About Trust, Hierachy, Guidance, Structure, Emotions, Expression,Community...

QUESTIONS:

can i create an inclusive space?

how about hierachy?



procedue

5 min voice excerise

3 min breathing

4 min screaming

6 min listening to the breath of a partner

Quick explaining of the breathing, exploding and listening:

Breathing chaotically through the nose, let breathing be intense, deep, fast, without rhythm, with no pattern – and concentrating always on the exhalation. The body will take care of the inhalation. The breath should move deeply into the lungs. Do this as fast and as hard as you possibly can until you literally become the breathing. Use your natural body movements to help you to build up your energy. Feel it building up, but don't let go during the first stage.

EXPLODE! ... Let go of everything that needs to be thrown out. Follow your body. Give your body freedom to express whatever is there. Go totally mad. Scream! feel free to laugh, cry and jump. all emotions are okay!

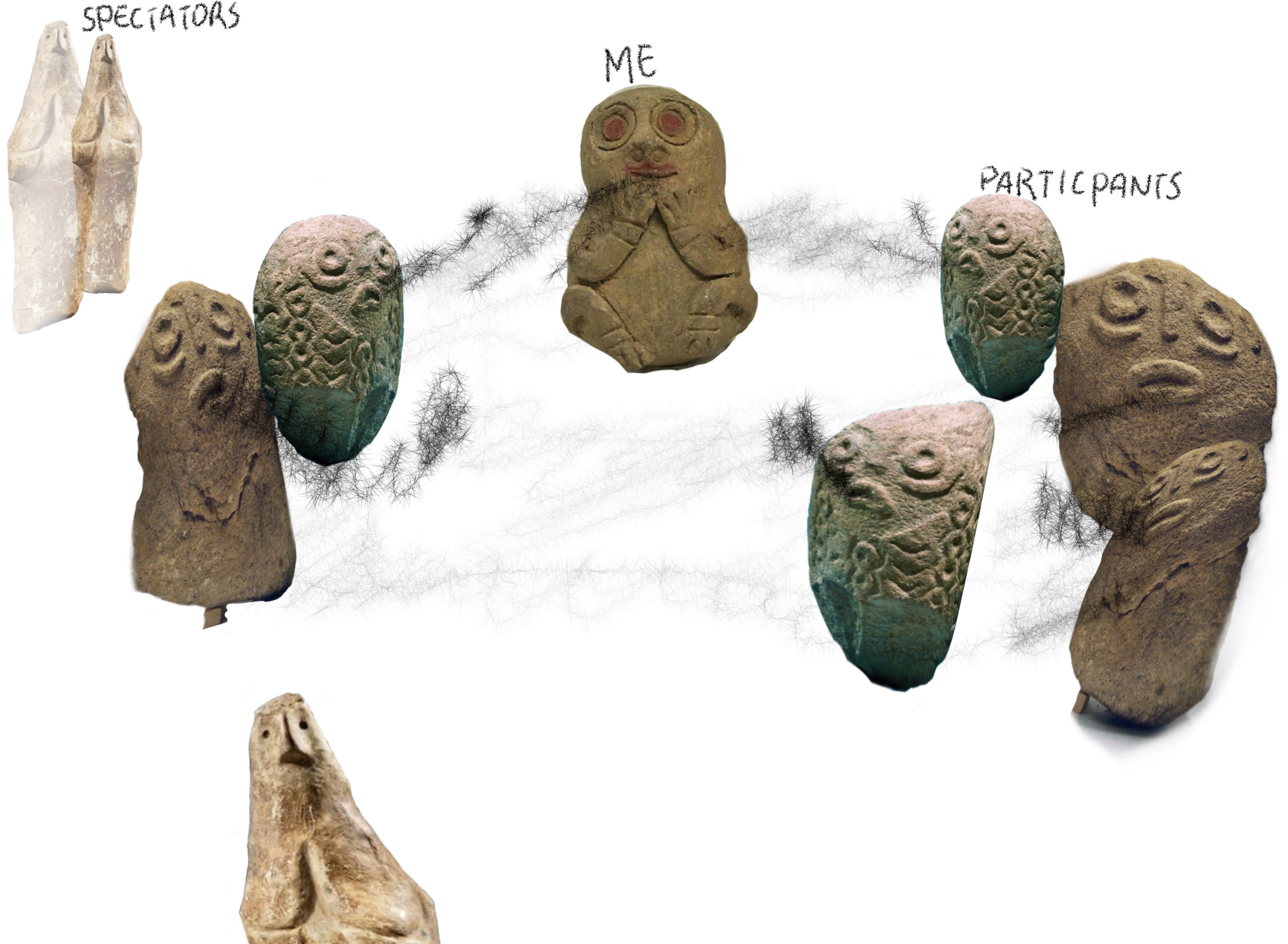
Find the person nearest to you. Put your hand on his/her chest and feel their breath.

Keep your eyes closed while breathing and listening!

SPECTATORS

ME

PARTICIPANTS





-  RELIEF
-  JOY
-  FEAR
-  ANGER
-  CONFUSION



observations

my personal experience while doing the screaming practice

how other participants perceived the experience.

what can be learned?

Thank you