

## Workshop communication from a haptic angle

During this workshop I want to analyze the way in which we communicate. How do we use our cognition, our scientific management and on the other side the sense- organs, our feeling senses and our sentiments. Which of these subjects do we use and how are they connected to each other.

All people use these connections with different layers of consciousness. We use them in our own body and in the communication with other people.

We use physical exercises to see which system we use in our daily life. How we connect with other people and what happens when we try not to rely upon our cognition but on our common senses.

As exercise material we use our own body, the room we are in and other materials. I want to make a beginning with making ourselves familiar with our individual way of communicating, unconsciousness processes bringing to our level of consciousness without working in a theoretical way.