

2. When an image is called out, just let yourself deal with it. Do whatever you need to do, allowing the image and your fantasy to work on you. Then when the leader says, "Let it go," shake out your body and return to walking.

3. We begin with images related to the floor:

The floor is covered two feet deep in Ping-Pong balls.

The floor is covered with ice.

The floor is three feet deep in mud.

4. Then we add images like

There is a gale force wind blowing from one side of the room.

There is ice cream falling from the sky. It is piling up on the floor.

5. The images start to be stronger:

The floor is covered with hot coals.

The air is full of invisible kisses.

There are bullets flying three feet above the ground.

There are nude bodies lying on the floor.

6. At the end of the exercise, take some time to remember what happened for you, what worked and what did not.

1. The Image Walks exercise is based on an acting exercise taught by Kevin Kuhlke.

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