

# RAWdance

## The Healer Sensory Offerings

The healing experience is a holistic one. Craft an intentional space to clear your mind, ignite your senses, and heighten your connection to the themes of "The Healer" and Traditional Chinese Medicine (TCM) with this DIY Sensory Watch Guide.

Use this mat as a way to orient and organize each item that you gather. Enjoy the tastes, smells, and sensations throughout the performance, whenever you are moved to do so.

### Small Candy

Grab a ginger candy which can soothe headaches, nausea, colds, coughs, and more. Or find any other sweet, sour, or savory bite-sized treat that brings you satisfaction. Unwrap and enjoy its benefits.



### Herbal Tea

Tea has been at the center of Chinese culture and tradition for centuries. In TCM, teas from herbs such as ginger, ginseng, and mint can be a relaxing and effective way to treat many different ailments. Prepare your tea in advance so you can sip the warmth throughout the show.

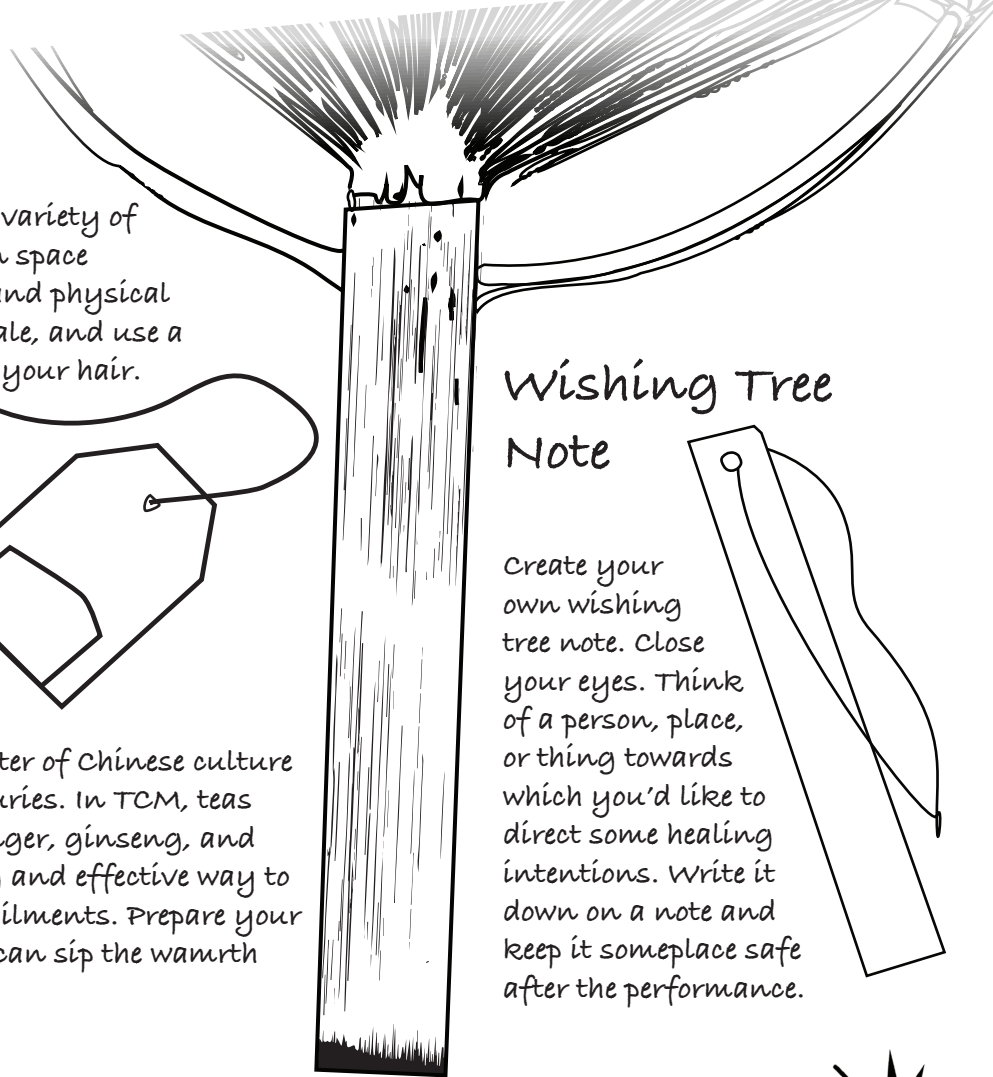


### Fan

"The Healer" explores a variety of ways to circulate air in space through breath, fans, and physical movement. Inhale, exhale, and use a fan to feel the wind in your hair.

### Scented Item

Surround yourself in gentle scents of aromatherapy. Collect some lavender, light a scented candle or incense, burn some sage, or switch on your essential oil diffuser to fill your room with smells that can reduce anxiety, ease tension, or energize your spirits depending on the scent.



### Wishing Tree Note

Create your own wishing tree note. Close your eyes. Think of a person, place, or thing towards which you'd like to direct some healing intentions. Write it down on a note and keep it someplace safe after the performance.

