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Alone | Together - The Hammock Project by Rhonda Willers

Website Link for Project: <https://www.rhondawillers.com/p-r-o-j-e-c-t-s/the-hammock-project>

Intention: Alone | Together - The Hammock Project provides a space and time for participants to gather and reflect inward while connecting outward with other participants.

Description: Alone | Together - The Hammock Project is an outdoor facilitated gathering that utilizes a collection of white hammocks, art materials, food & conversation to encourage individual reflection and group connection.

Priming the guests for the gathering: I provide a two-part series of email communications that prepares guests for the

Score for the gathering, 5 movements
gather, 25 minutes
alone together, 40 minutes
inward openness, 40 minutes
radiant connections, 1 hour 30 minutes
how I go to the woods, 15 minutes



What takes place in each movement

gather, 25 minutes

During *gather* participants arrive to the location and are welcomed and asked to join the group in a specific location. The location is determined based on the site in which the event takes place. An overview of the gathering is provided. Participants are then directed to select and go to one of the hammocks hanging in the trees.

alone together, 40 minutes

During *alone together* participants spend 40 minutes silently in their hammock. They are invited to simply rest, use a sketchbook/notebook to draw or journal, take photos of their view, whatever their bodies and energies need the time and space for. The only firm direction is that they may not speak to one another during this time. A bell is rung every 10 minutes allowing participants to know how much time has passed. One ring for 10 minutes, two rings for 20 minutes, and so on. After the four final bells ring, participants are asked to regather at the starting place.

inward openness, 40 minutes

During *inward openness* participants are invited to use their own inward reflections from their time in the hammocks to create a response piece. The response piece can be writing, drawing, a repeated mark, painting, collage, a song, body movements/dance, or anything else they can imagine. They are encouraged to move to a space that matches their needs: do they need to be alone more, in the hammocks again, or would they like to be near others? All is welcomed during this time while respecting the needs of others. The bell is rung at the halfway point and then again at the end of the time. Participants then regather in the starting place.

radiant connections, 1 hour 30 minutes

During *radiant connections* participants stay gathered together. We eat and discuss the experience and prompts are given to encourage the conversation. This is often a potluck style, but any form of food service can be accommodated: individuals provide their own food, the host provides food, etc.

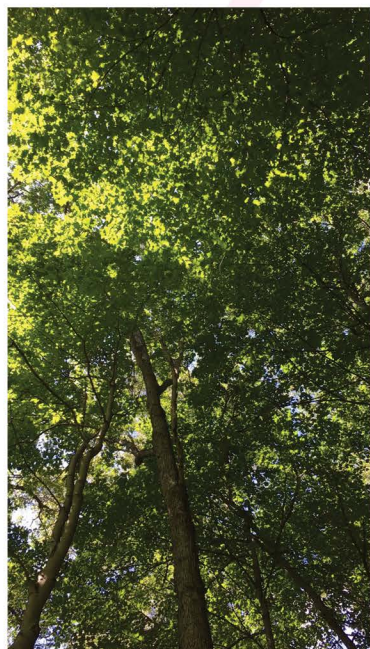
What takes place in each movement - continued

how I go to the woods, 15 minutes

how I go to the woods is the final movement. I provide a reflection on our time together, taking time for a gratitude moment and close with Mary Oliver's Poem, *How I Go To The Woods*. I can also provide a reading specific for your gathering. At the end, I invite participants to take a ceramic touchstone and/or ceramic heart as a reminder of the gathering and their time spent in reflection and connection with themselves and others.

Materials provided with fees: up to 20 white portable hammocks (suitable for most adults or children), paper and art supplies needed for activities, take-away clay object (clay touchstones and/or hearts)

Gathering Fees: include a stipend, travel expenses, if beyond a 2 hour radius of my home base, lodging and food, as applicable. Email to learn more.



What is required of hosts and participants:

| Hosts need to provide a space that has trees or structures strong enough and multiple enough to hang hammocks to for the number of desired participants. A preliminary site visit may be required in some instances. A video call can also work for this preliminary site visit.

| If more than 20 participants are involved, then a new quote will need to be created as materials fees increase.

| Hosts or participants should provide or bring food or snacks to share or personally consume depending on circumstances for radiant connections.

Photo release & permissions: When possible, I like to document the gatherings to be used for my website and online social media sharing. I provide a release form (via google forms) to obtain permissions from each participant. Participants are given options: to not allow documentation, fully allow documentation, or allow documentation, but remain anonymous.

Rhonda Willers: Rhonda Willers is a visual artist, writer, researcher, arts leader, and author of the book, *Terra Sigillata: Contemporary Techniques* based in Wisconsin. Focusing on fragility, space, and subtle strength, she works with repetitive forms and markings to elicit thoughts of memories, spiritual spaces, and rituals. Her creative practice includes ceramics, mixed media, drawing, painting, writing, and time-based interactive installations and experiences. She has taught workshops for: Taovichuan Ceramic Art Avenue with Jingdezhen International Studio, Anderson Ranch Arts Center, and more. Her writing has been featured by *The Isolation Journals* founded by Suleika Jaouad, *Pottery Making Illustrated*, and more. Rhonda actively engages in the ceramics community through her service as a volunteer working board member for NCECA: the National Council on Education for the Ceramic Arts.

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