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Airtramp : a unique medium

- Background:** The original Airtramp was developed in 1970 by Ruud Steuer, a Dutch movement therapist. It is a giant air-filled mattress (min. 7x7m), quite flexible, which stimulates the whole body, especially the core muscles, in a proprioceptive way. It offers possibilities for self-discovery if you are not used to expressing your feelings and emotions, because of the uniqueness of the experiences.
- Instruction:** It is a chase game. Every time an object touches you, you must lie down immediately. This can lead to many intense experiences. Therefore, let me know if you need a moment of calm or reflection. After our game, we will form a circle and you will have the opportunity to write down your thoughts and questions in your personal notebooks.
- Material:** Airtramp, small soft objects, notebooks, pens.
- Keywords:** Airtramp, self-expression, group experiences, self-discovery, core muscles, proprioception.
- References:** <https://www.ikarlux.com/airtramp/>. Script for the course „Introduction to Working with the Airtramp” (2020). Luxembourg: LAP