



# biophysical training

## BPHT



# 1

**the body is..**

- ❖ the first dimension is *weight*
- ❖ biophysically, weight is the body, the event and the body-event relationship at the same time
- ❖ weight is the domain of forces, identity, structure
- ❖ while training weight, the body becomes able to achieve the first biophysical tool: limit
- ❖ being aware of its limits, the body can train balance



**weight**

weight



BPHT

weight



weight



weight



BPHT

weight



weight



weight



BPHT

weight



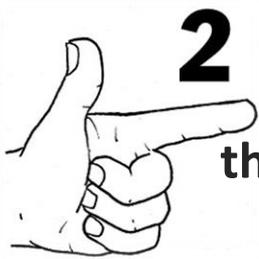
weight



weight

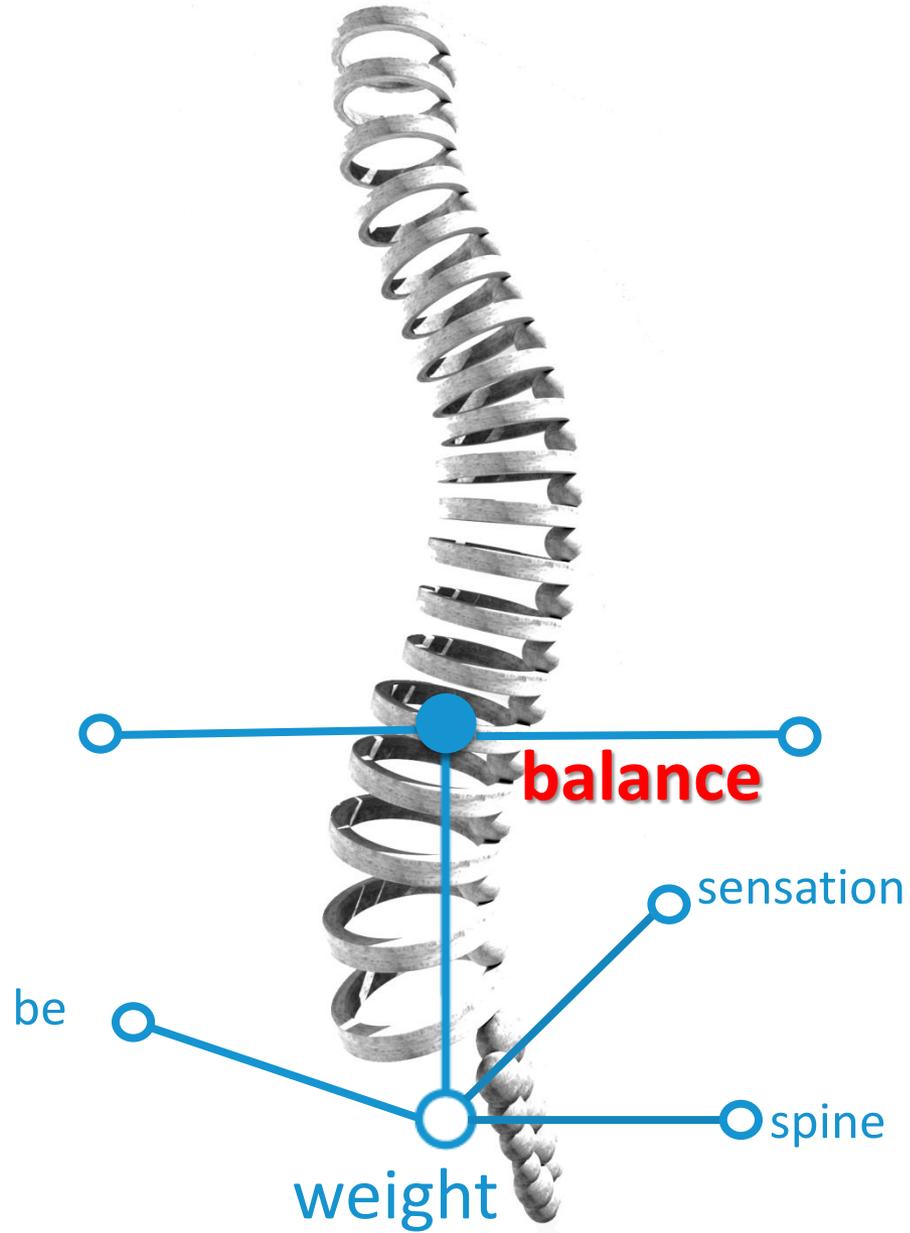






**the body moves..**

- ❖ the second dimension is *balance*
- ❖ biophysically, balance is the body, the event and the body-event relationship at the same time
- ❖ balance is the domain of levers, movement, functions
- ❖ while training balance, the body becomes able to achieve the second biophysical tool: tension
- ❖ being aware of its tension, the body can train listening



balance



balance



balance



balance



balance



balance



balance



BPHT

balance



balance



balance



BPHT

balance



balance

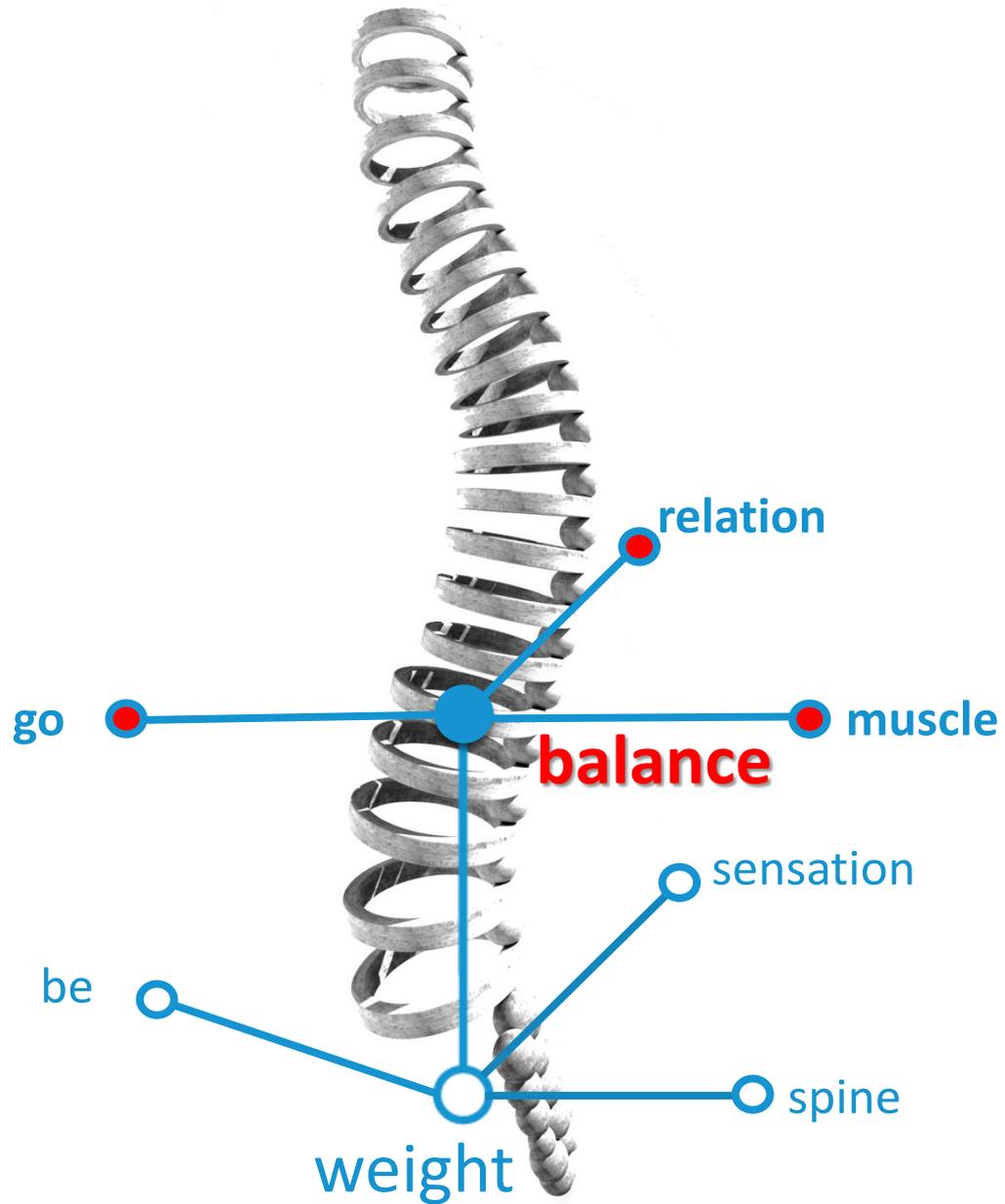


balance



balance



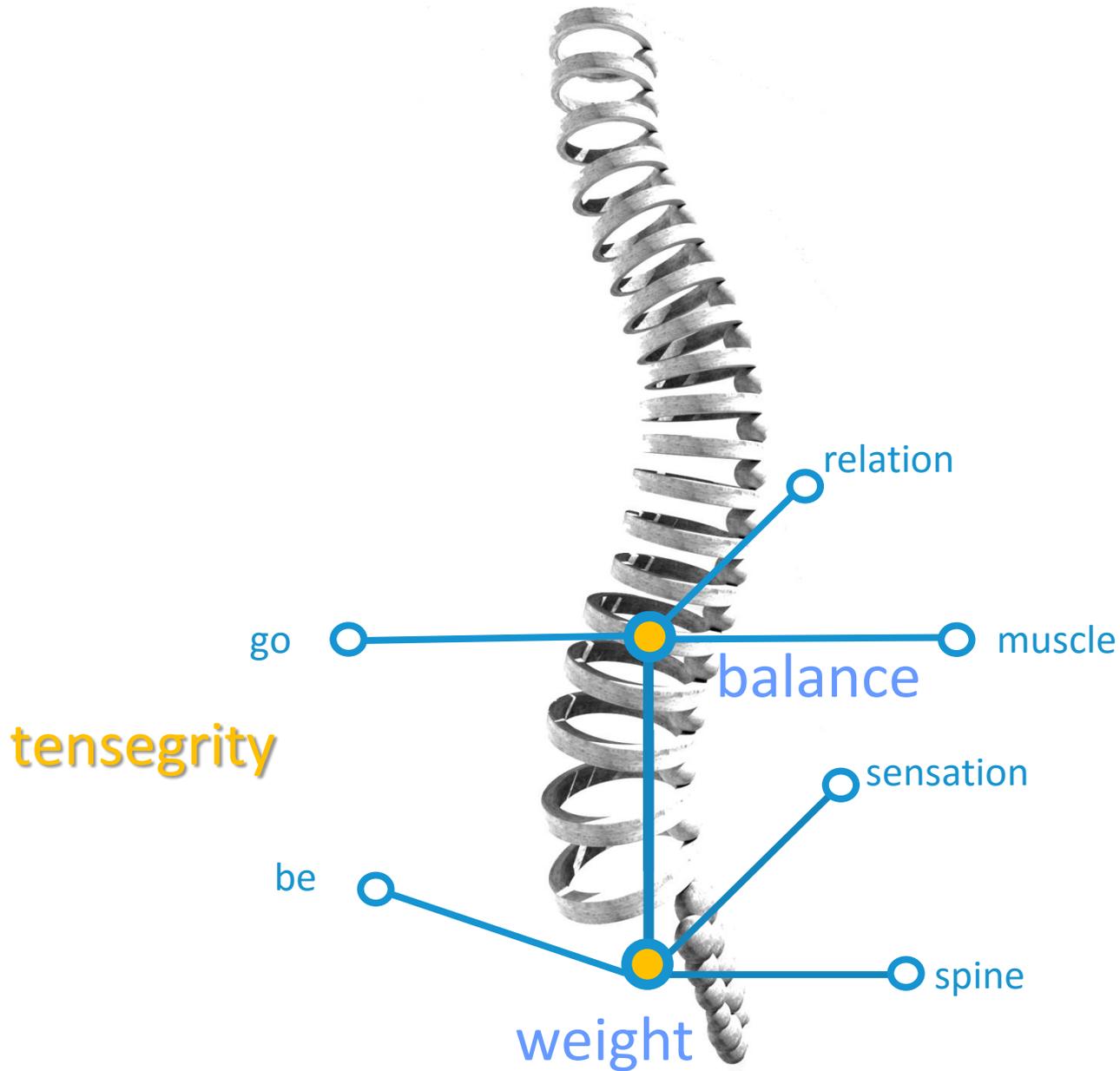


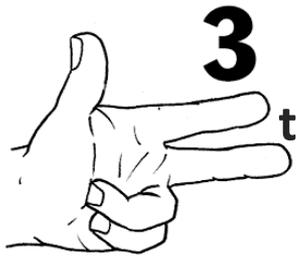


**1-2**

the 1<sup>st</sup> physical soft skill

- ❖ weight and balance together are what we usually call the body
- ❖ weight and balance together originate *tensegrity*, the first physical soft skill
- ❖ BPHT defines weight and balance together as the functional unit





the body feels..

- ❖ the third dimension is *listening*
- ❖ biophysically, listening is the body, the event and the body-event relationship at the same time
- ❖ listening is the domain of fluids, emotions, sympathy
- ❖ while training listening, the body becomes able to achieve the third biophysical tool: breathing
- ❖ being aware of its breathing, the body can train compliance



listening



listening



listening



listening



listening



listening



listening



listening

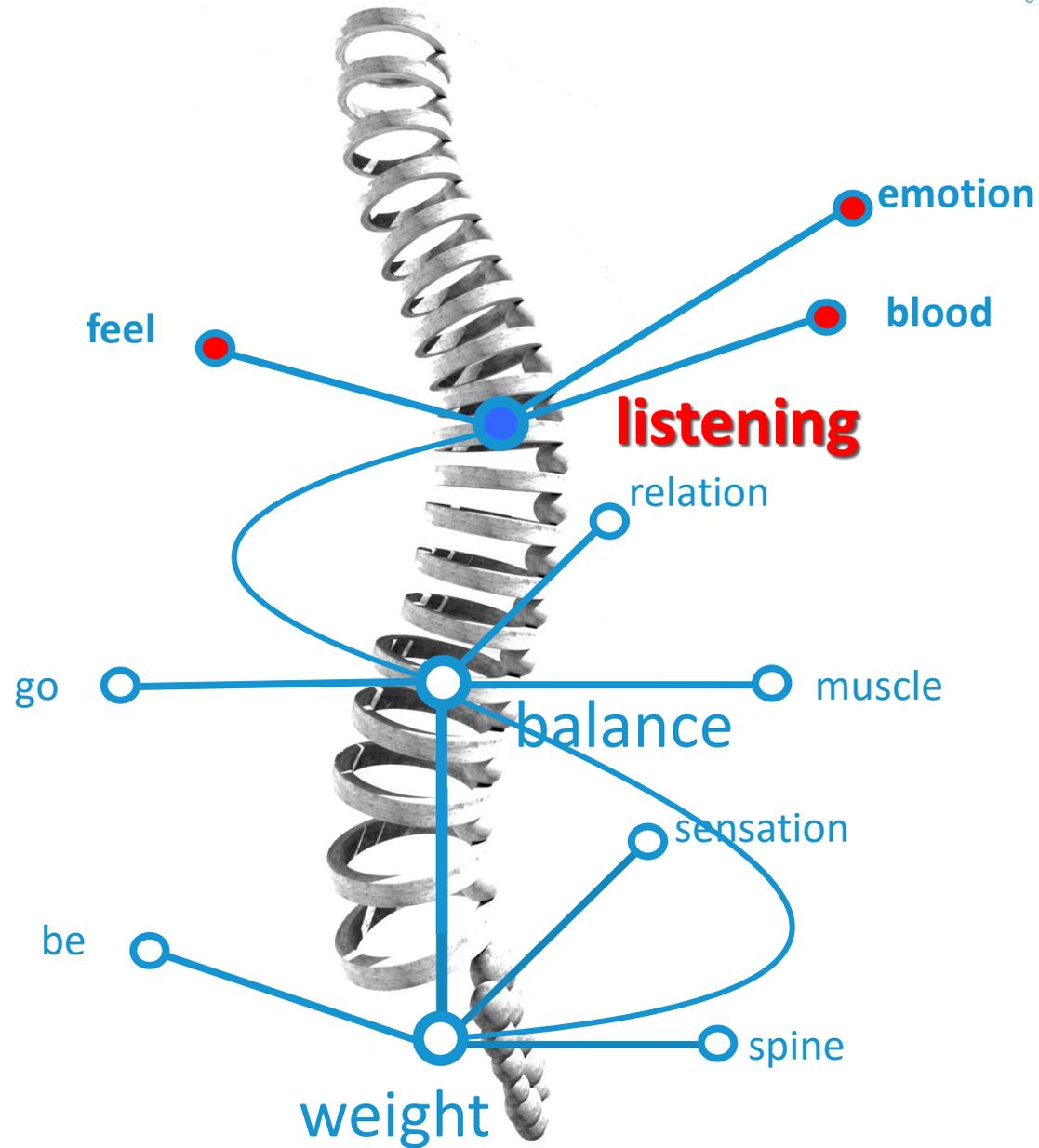


listening



listening



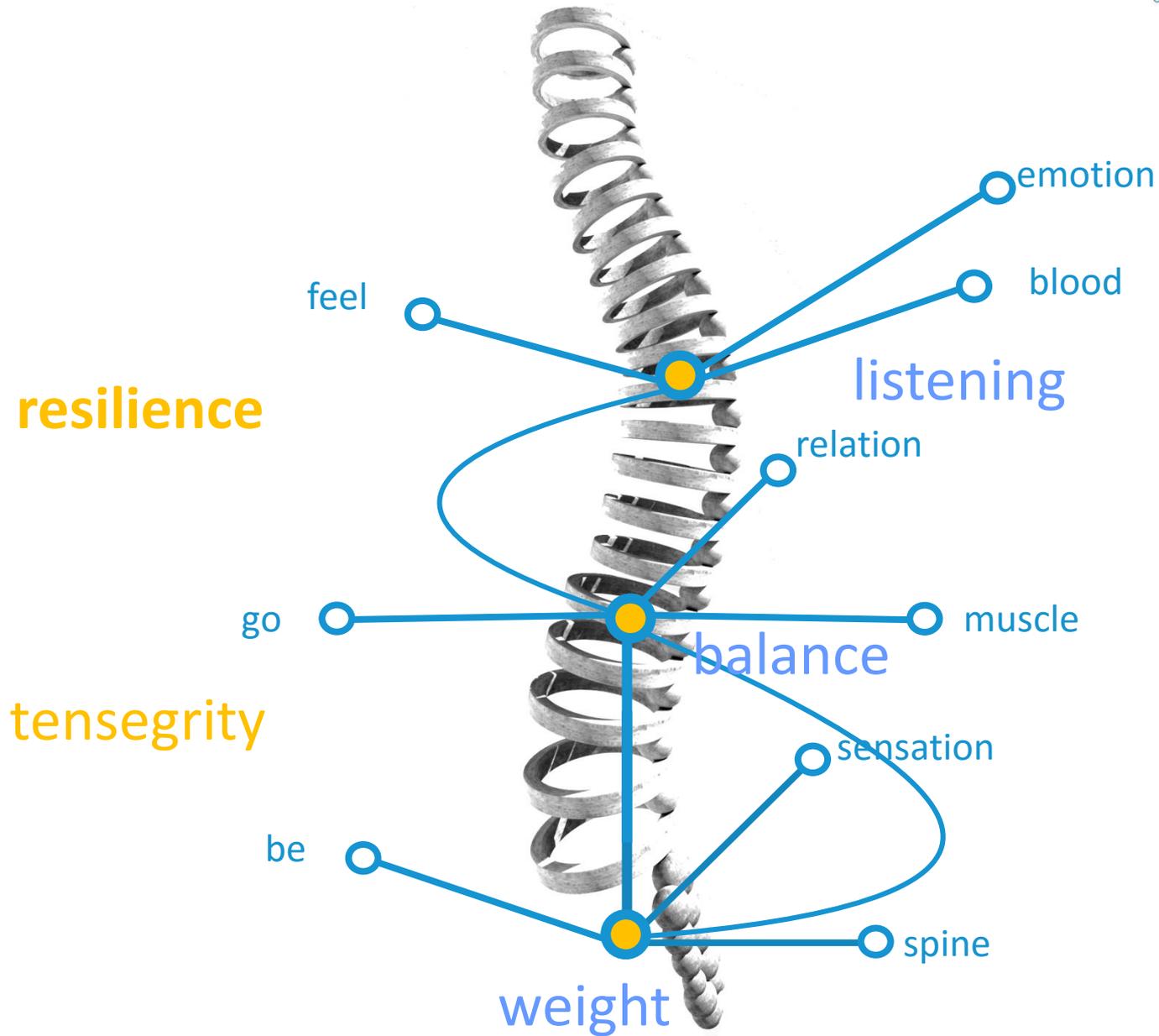




**1-3**

the 2<sup>nd</sup> physical soft skill

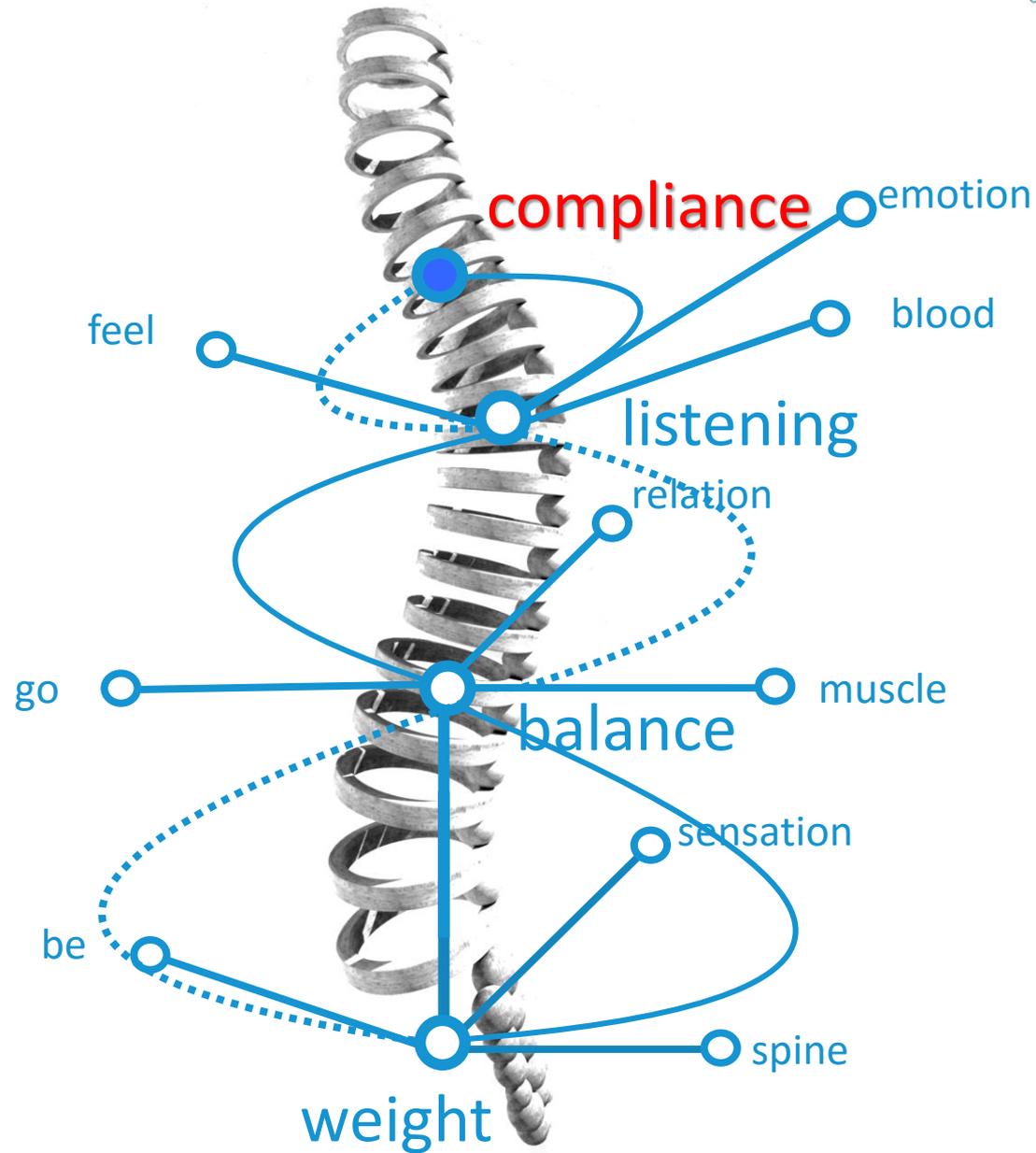
- ❖ weight-balance and listening together are what we usually call the living body
- ❖ weight-balance and listening together originate *resilience*, the second physical soft skill
- ❖ BPHT defines weight-balance and listening together as the attentive unit





**4** the body changes..

- ❖ the fourth dimension is *compliance*
- ❖ biophysically, compliance is the body, the event and the body-event relationship at the same time
- ❖ compliance is the domain of electromagnetism, communication, exchange
- ❖ while training compliance, the body becomes able to achieve the fourth biophysical tool: intelligence
- ❖ being aware of its intelligence, the body can train contact



compliance



compliance



compliance



compliance



compliance



compliance



compliance



compliance

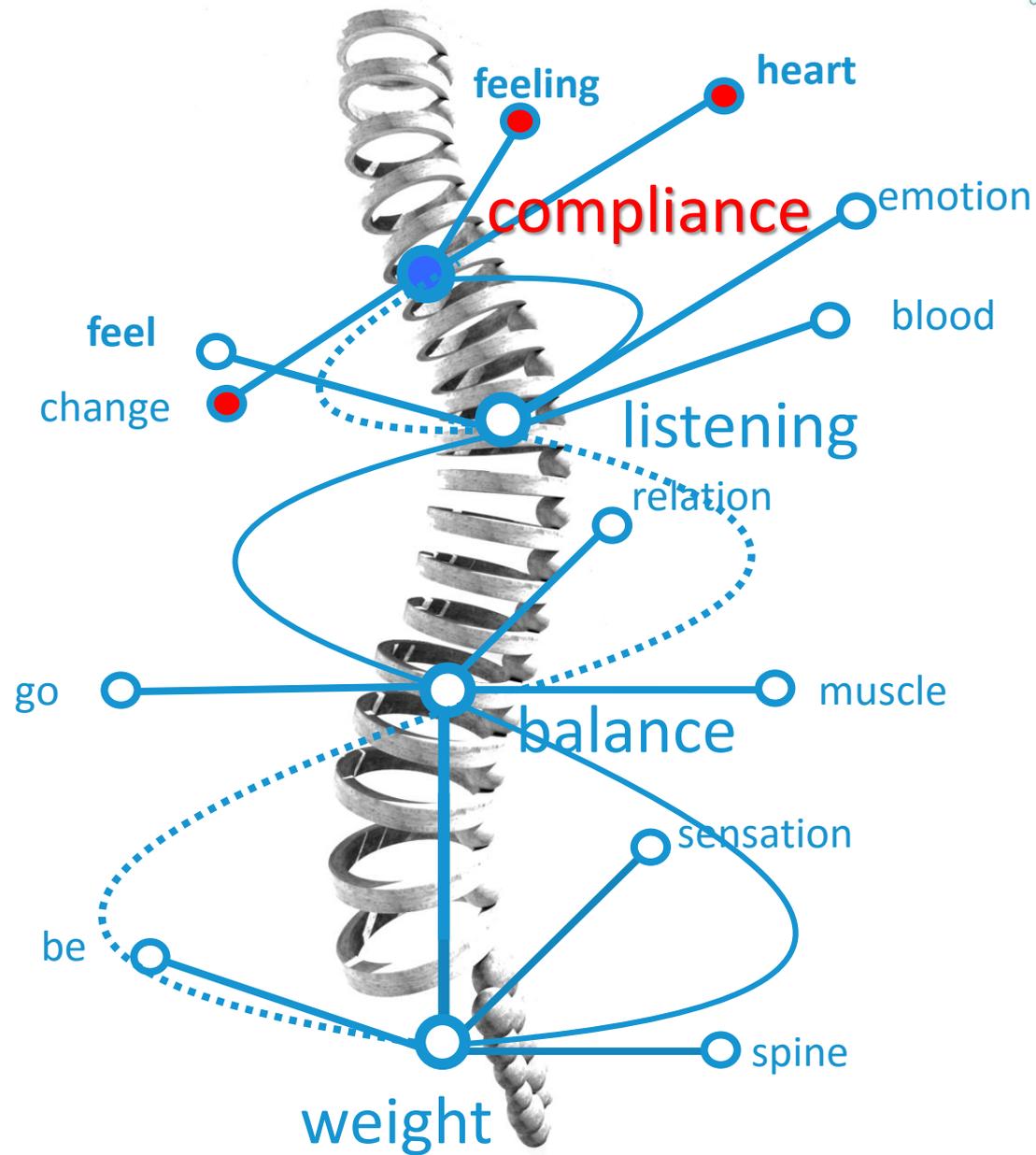


compliance



compliance



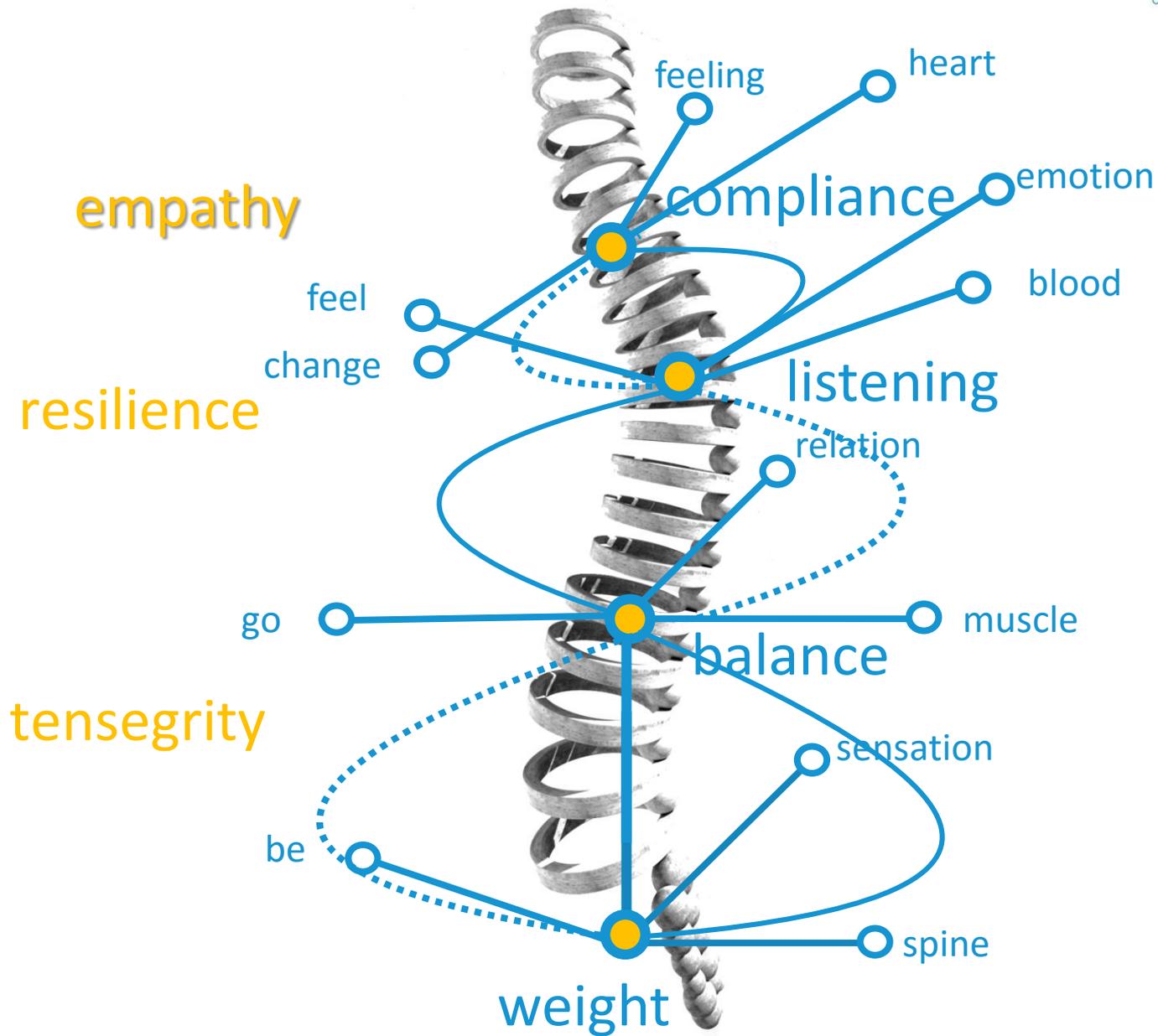




**1-4**

the 3<sup>rd</sup> physical soft skill

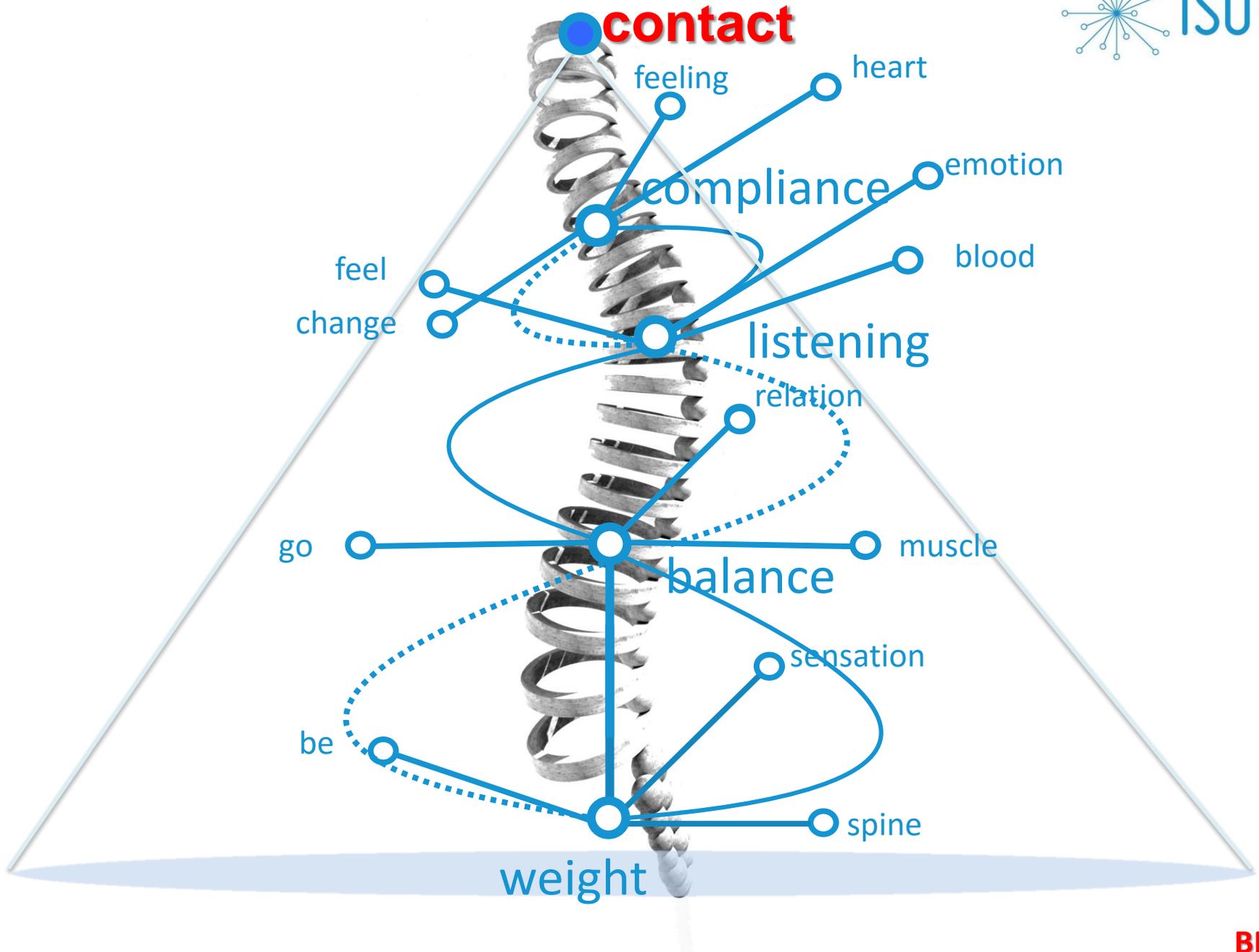
- ❖ weight-balance-listening and compliance together are what we usually call the human body
- ❖ weight-balance-listening and compliance together originate *empathy*, the third physical soft skill
- ❖ BPHT defines weight-balance-listening and compliance together as the adaptive unit





**5** the body lives..

- ❖ the fifth dimension is *contact*
- ❖ biophysically, contact is the body, the event and the body-event relationship at the same time
- ❖ contact is the domain of reality
- ❖ while training contact, the body becomes able to achieve the fifth biophysical tool: awareness
- ❖ being aware of itself, the body can play



contact



contact



BPHT

contact



contact



contact



contact



contact



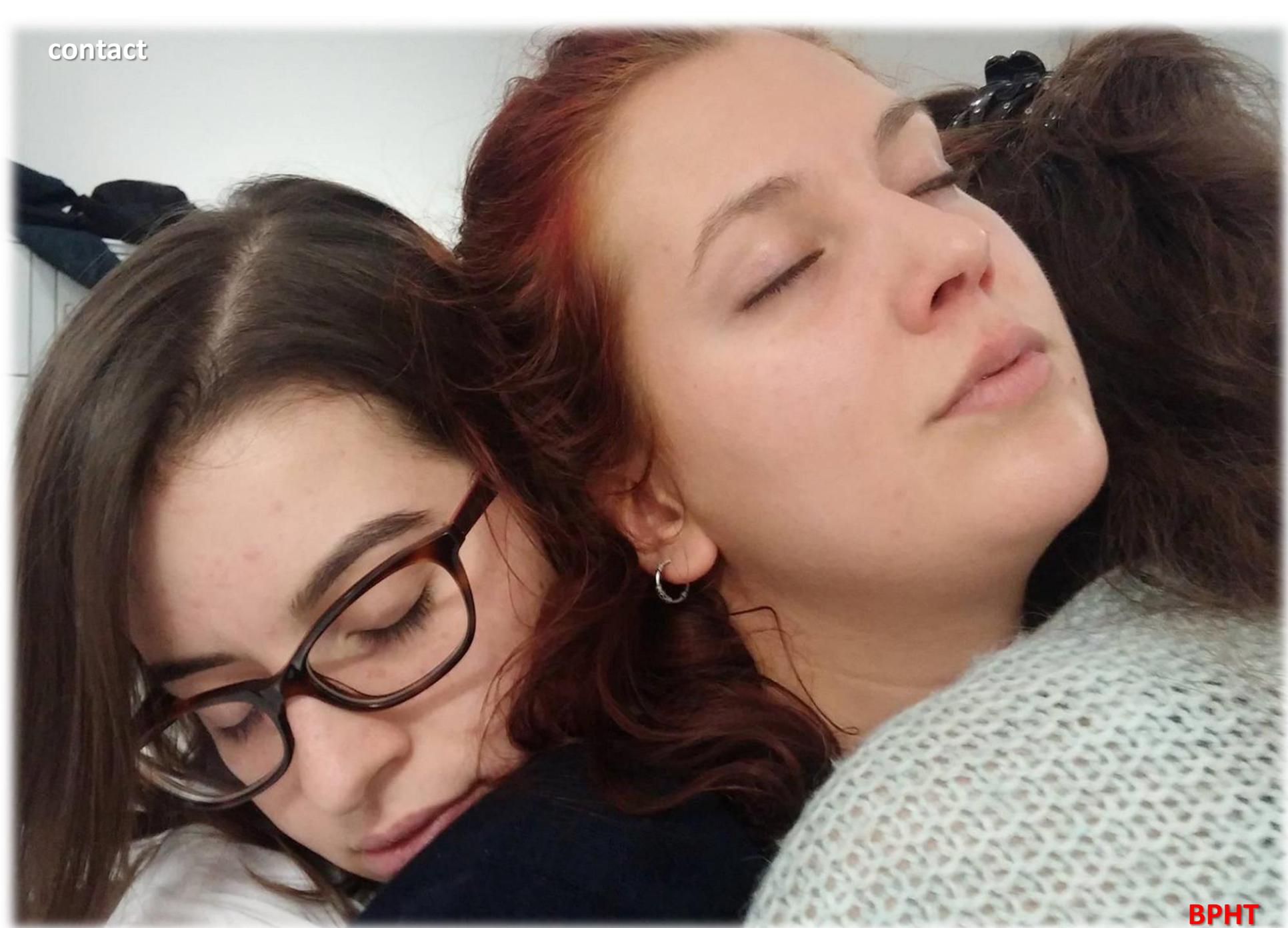
BPHT

contact



BPHT

contact



contact



BPHT

contact



contact



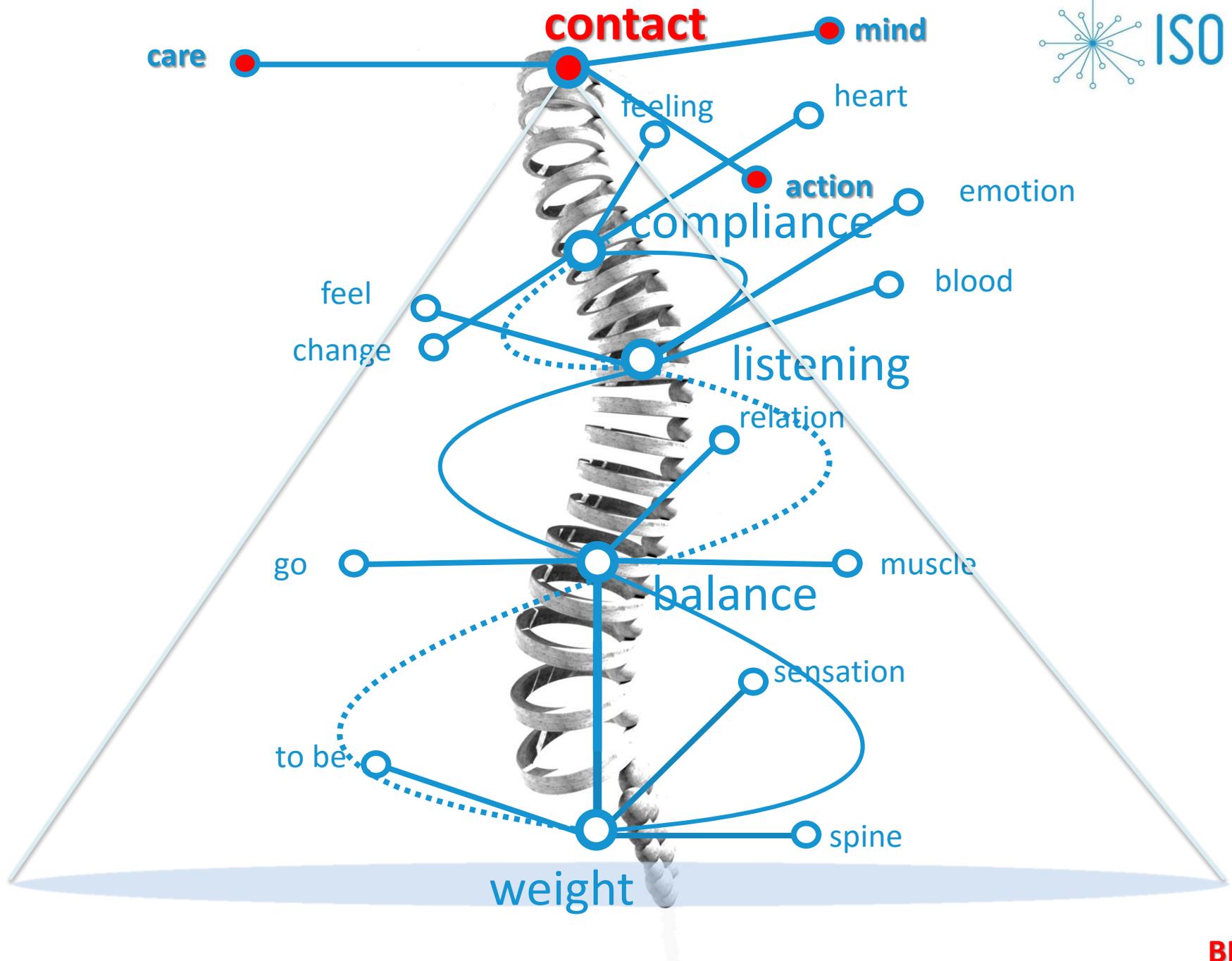
contact



contact



BPHT

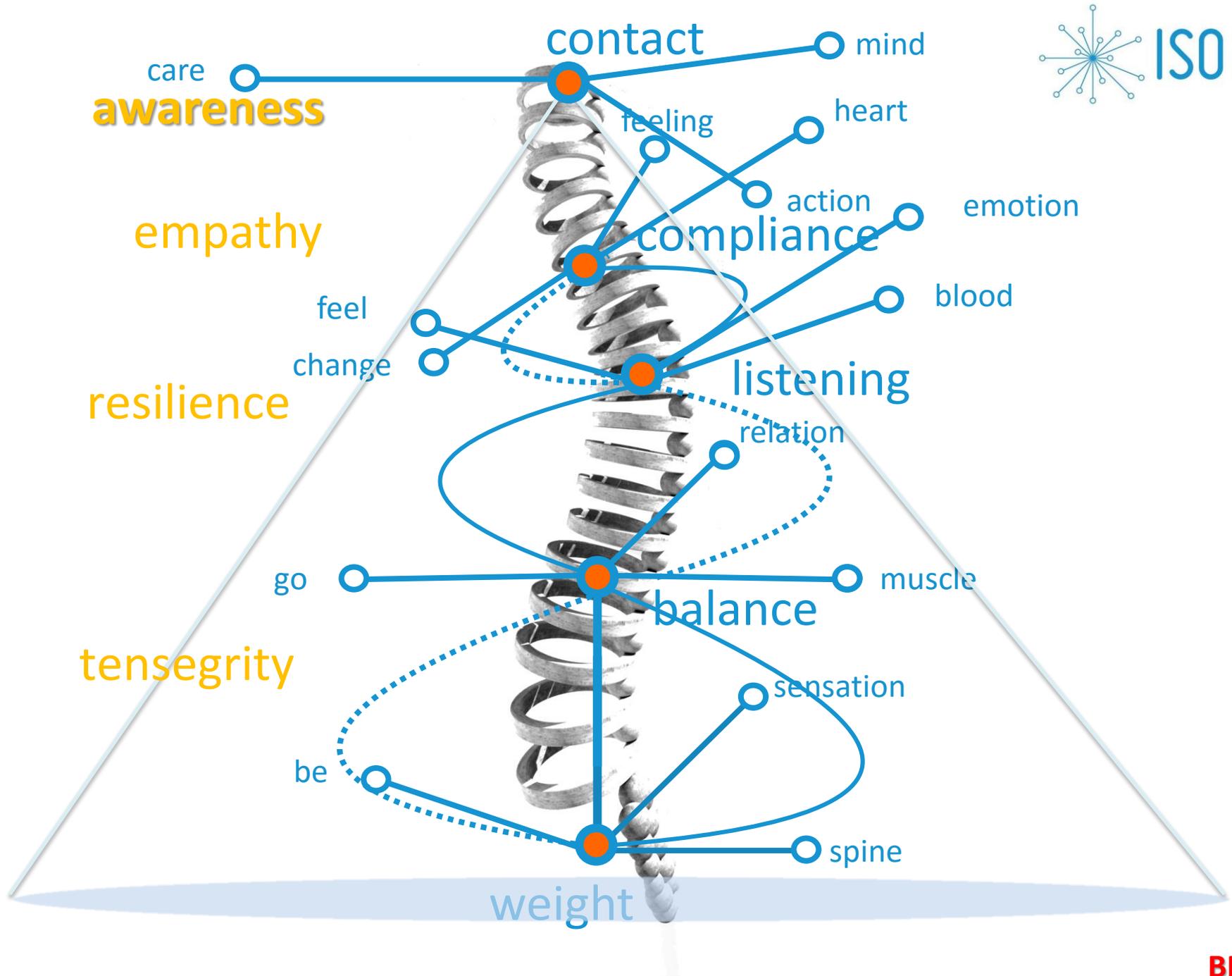




**1-5**

the 4<sup>th</sup> physical soft skill

- ❖ weight-balance-listening-compliance and contact together are what we can call the mindful body
- ❖ weight-balance-listening-compliance and contact together originate *awareness*, the fourth physical soft skill
- ❖ BPHT defines weight-balance-listening-compliance and contact together as the actor





- ❖ memories change our breathing so that the body reproduces the form it assumed during a certain experience
- ❖ that form represents the information collected by the body about that experience (quickenning)
- ❖ the body never forgets an experience, although the mind does everything to forget it
- ❖ therefore we avoid certain memories believing that we thus avoid also the form associated to it
- ❖ but while we're avoiding the mental state associated to that form, our body has already started to 're-breathe the experience'...



# montage

biophysical body

biophysical action

to play

montage



montage



BPHT

montage



BPHT

montage



montage

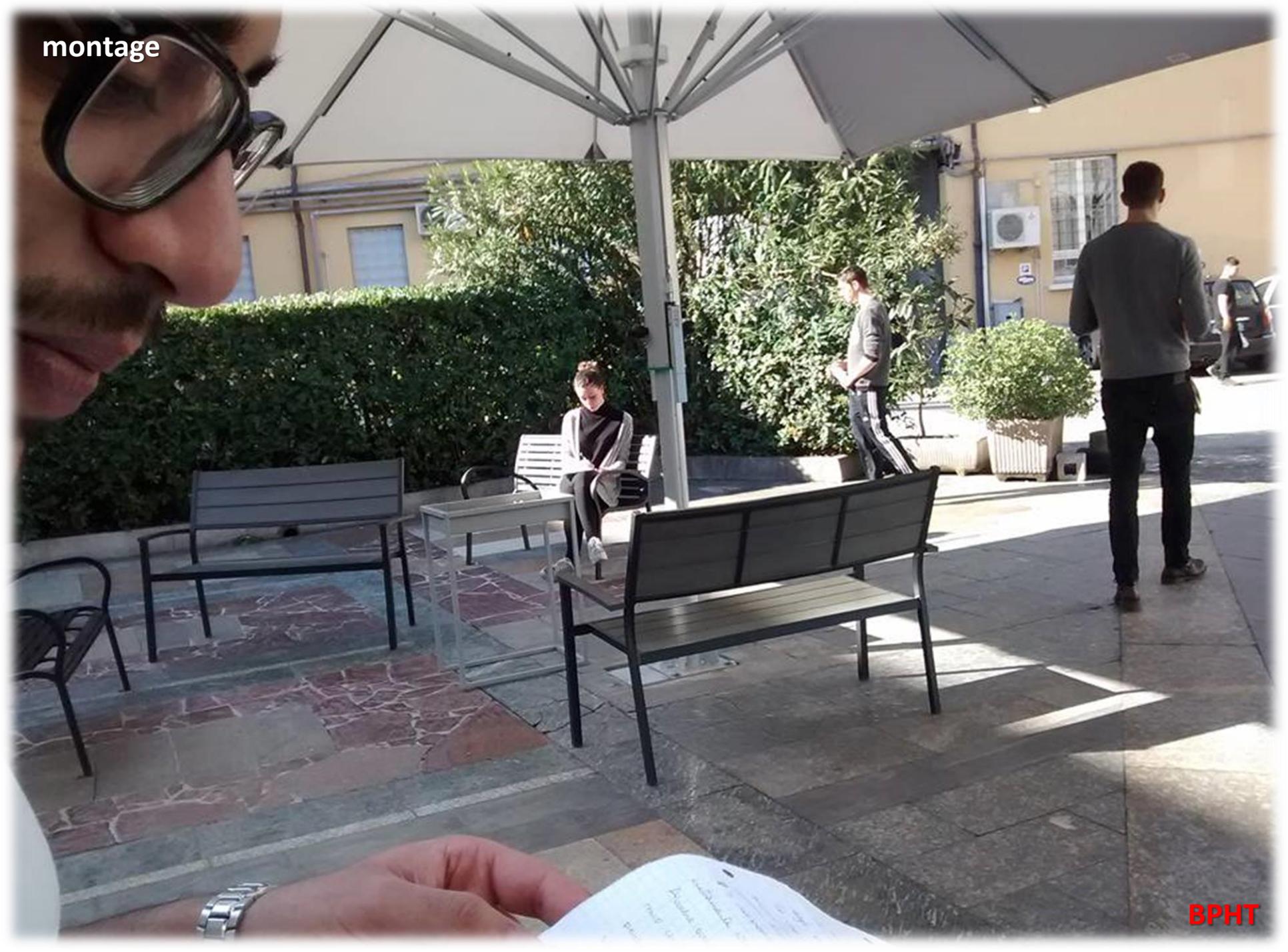


BPHT

montage



montage



BPHT

montage



montage



montage



**BPHT**

**elena cerasetti**

thanks to

**carmine castagna**

**heleen keizer**

**viviana pisa**

**andrea acquati**

**stefano uberti**

**and the ISO students**



