



# 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



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weight





weight





weight



weight





weight



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weight



weight



BPHT

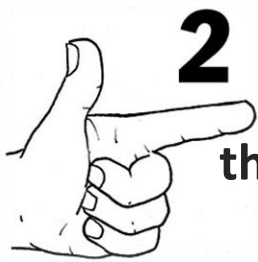


weight



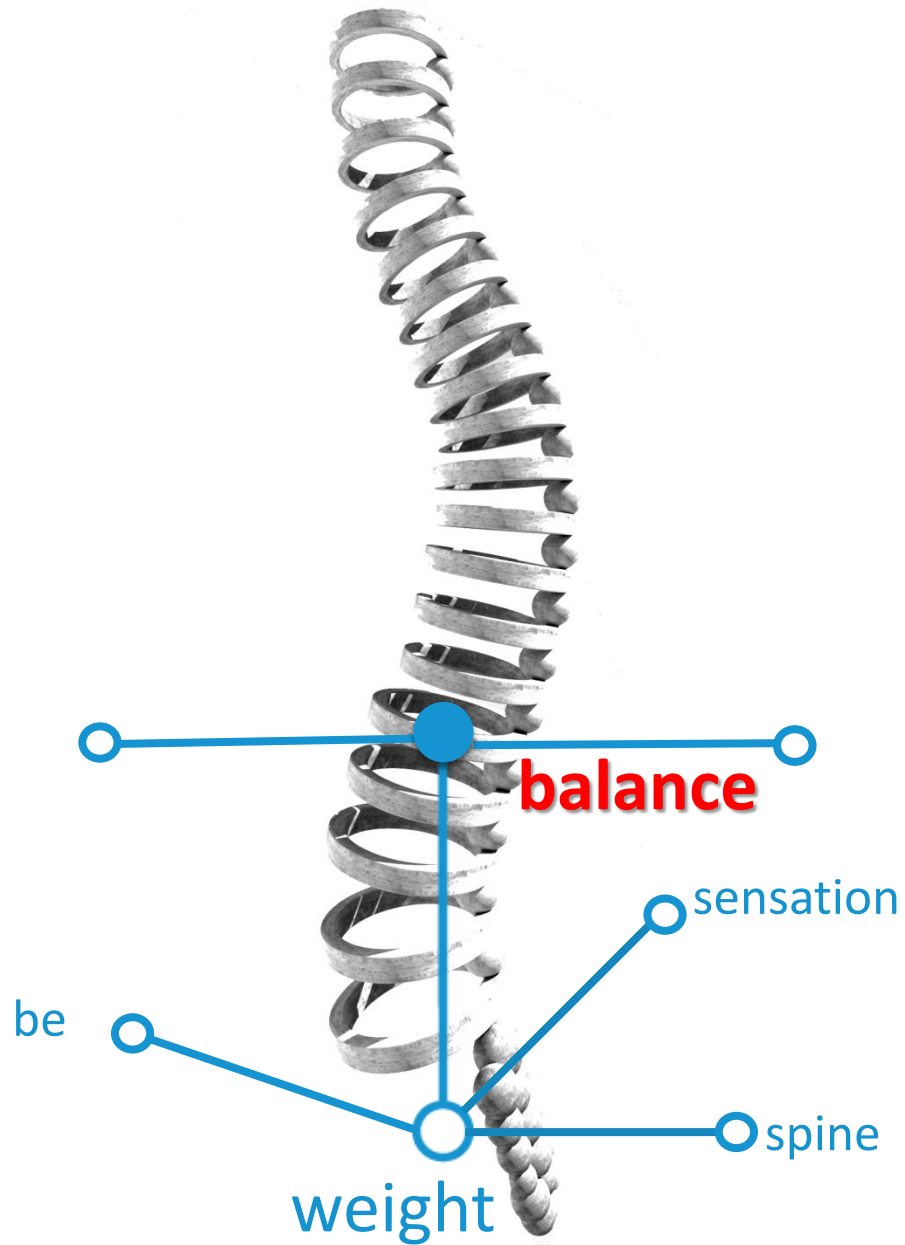
BPHT





**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



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balance





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balance

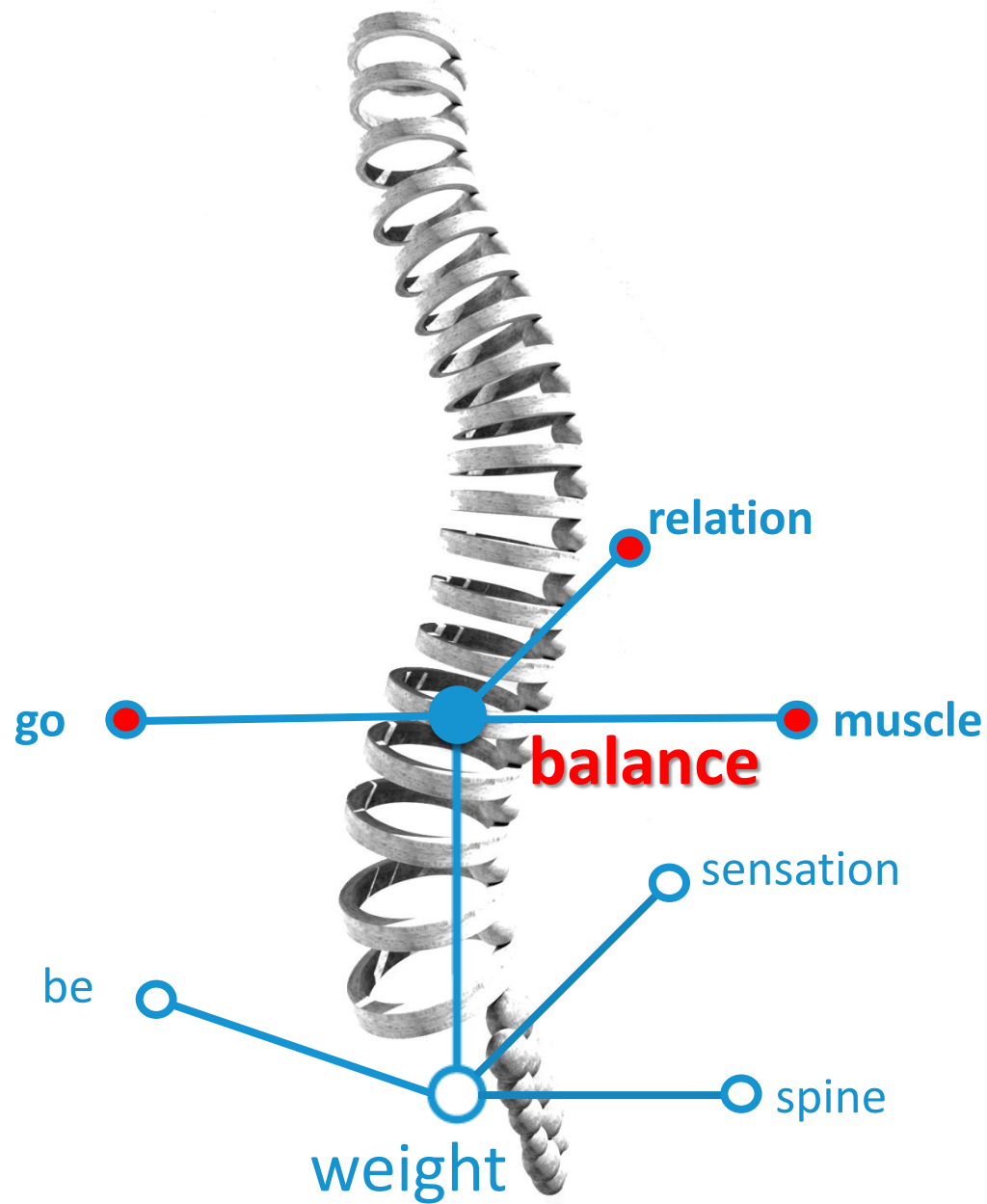


BPHT

balance



BPHT



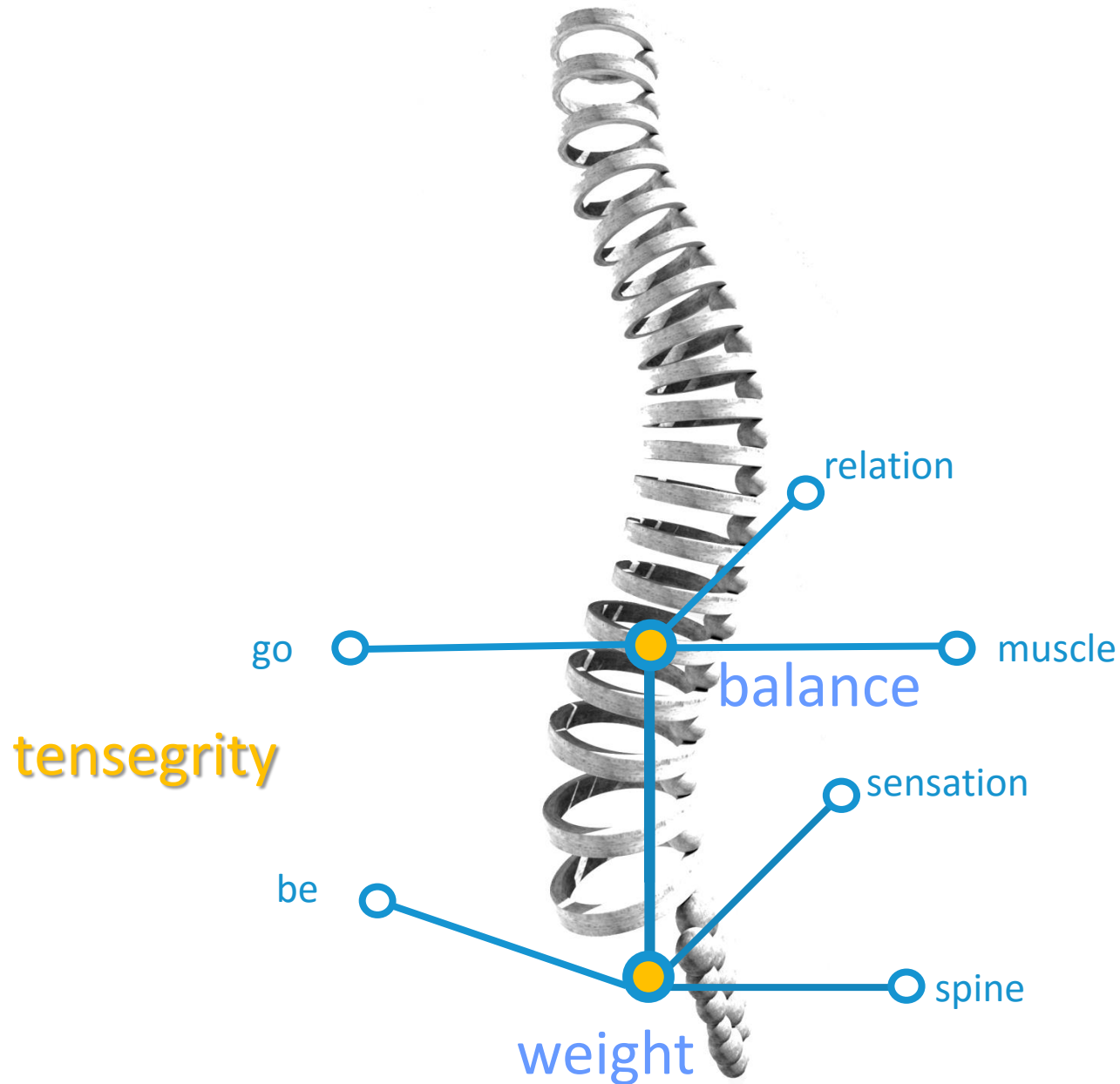


# 1-2

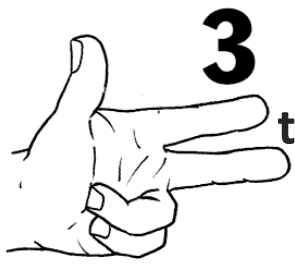
the 1<sup>st</sup> physical soft skill

- ❖ 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





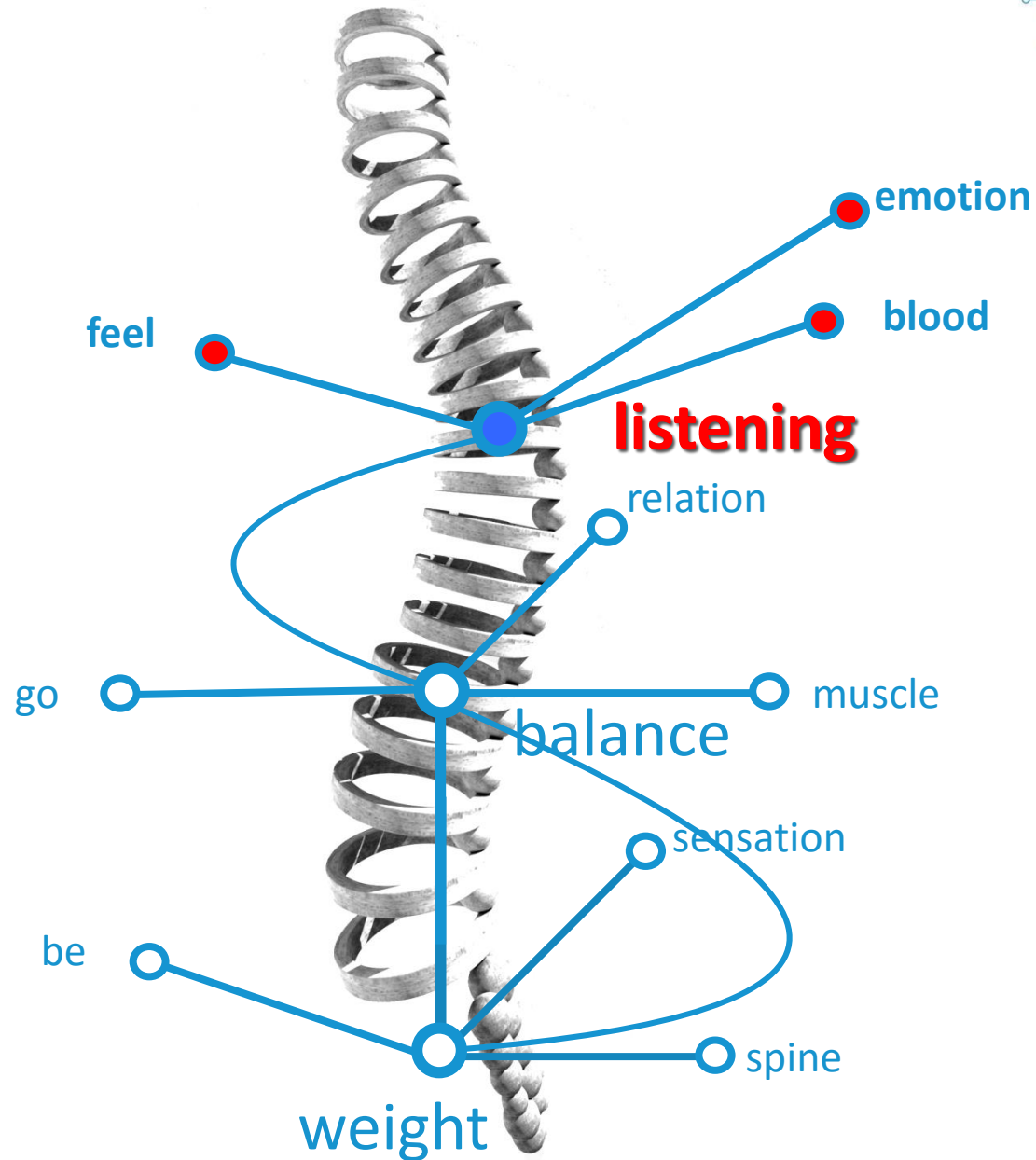
listening





listening





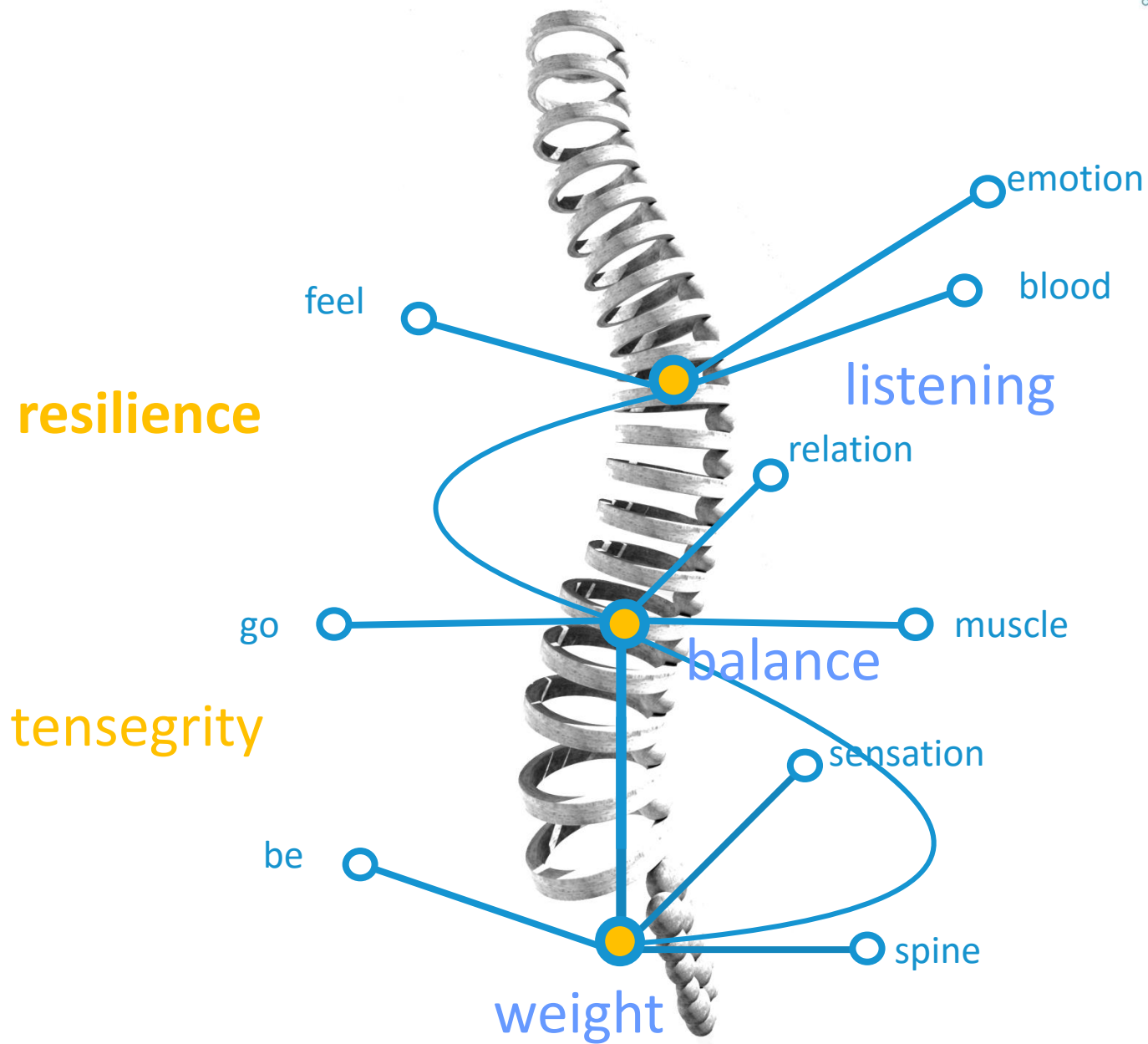


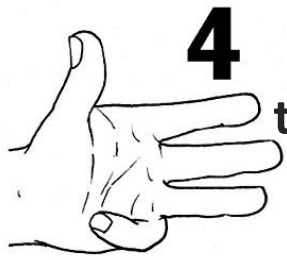
**1-3**

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





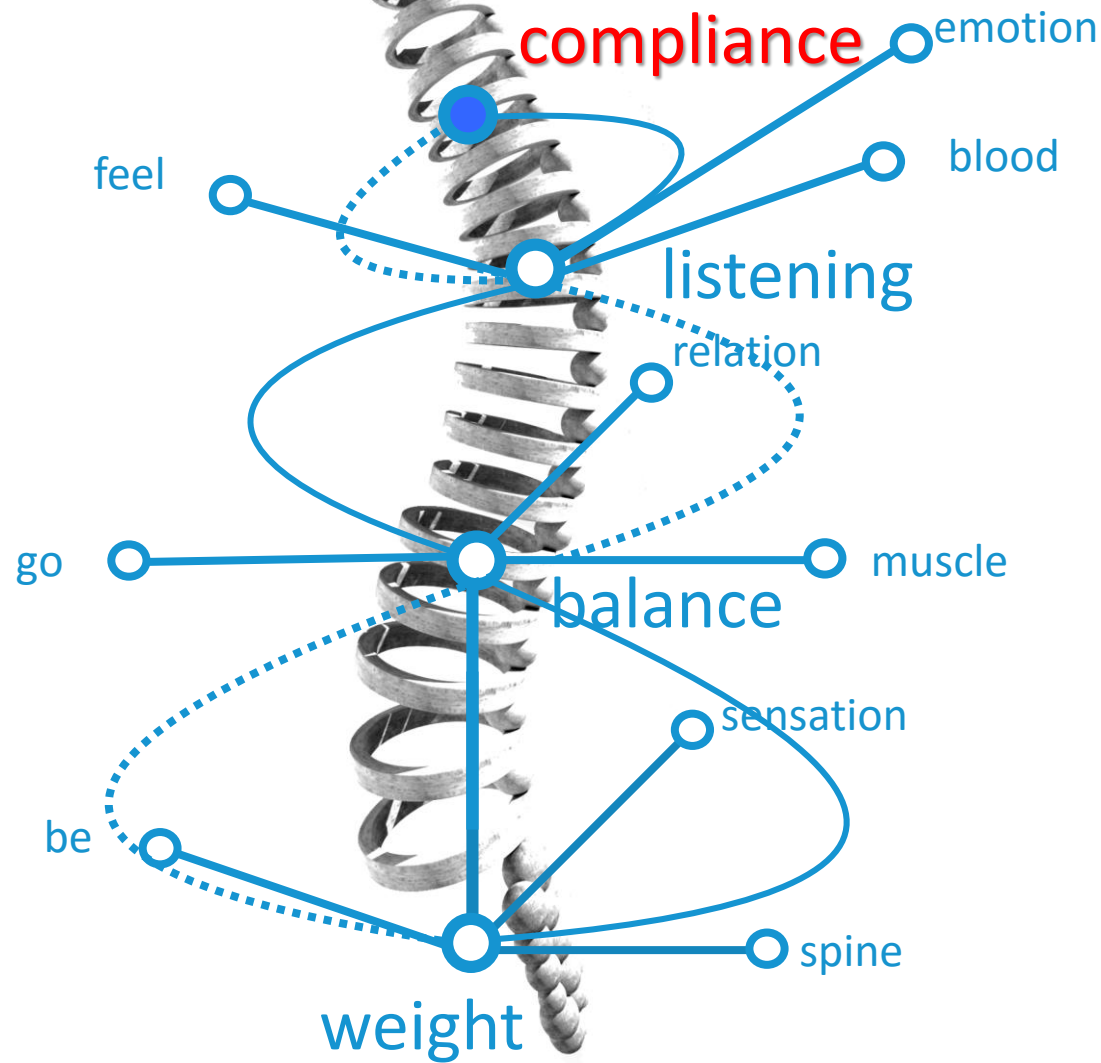


4

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



BPHT



compliance



BPHT

compliance



BPHT



compliance



BPHT



compliance

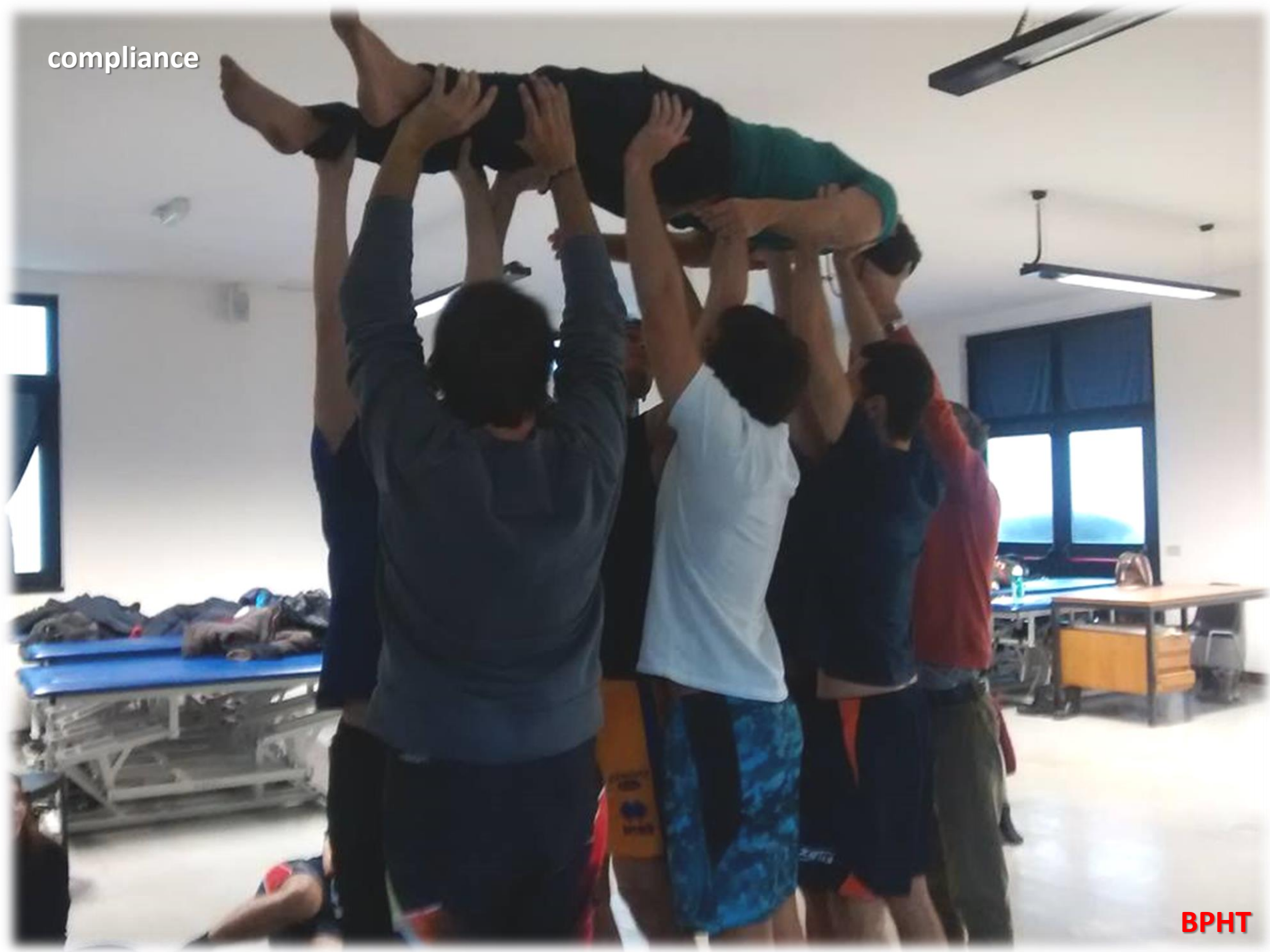


compliance





compliance



compliance

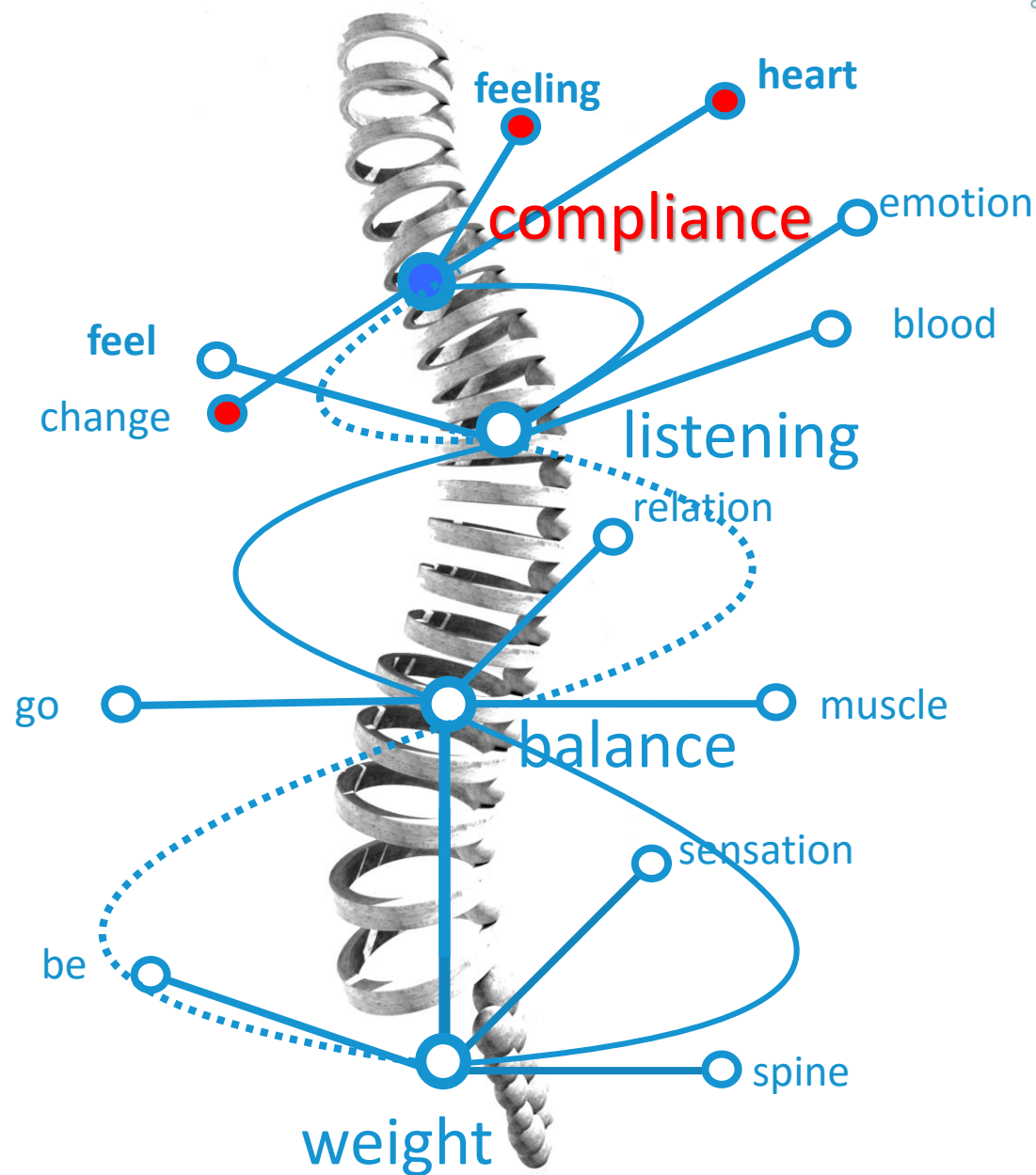




compliance



BPHT



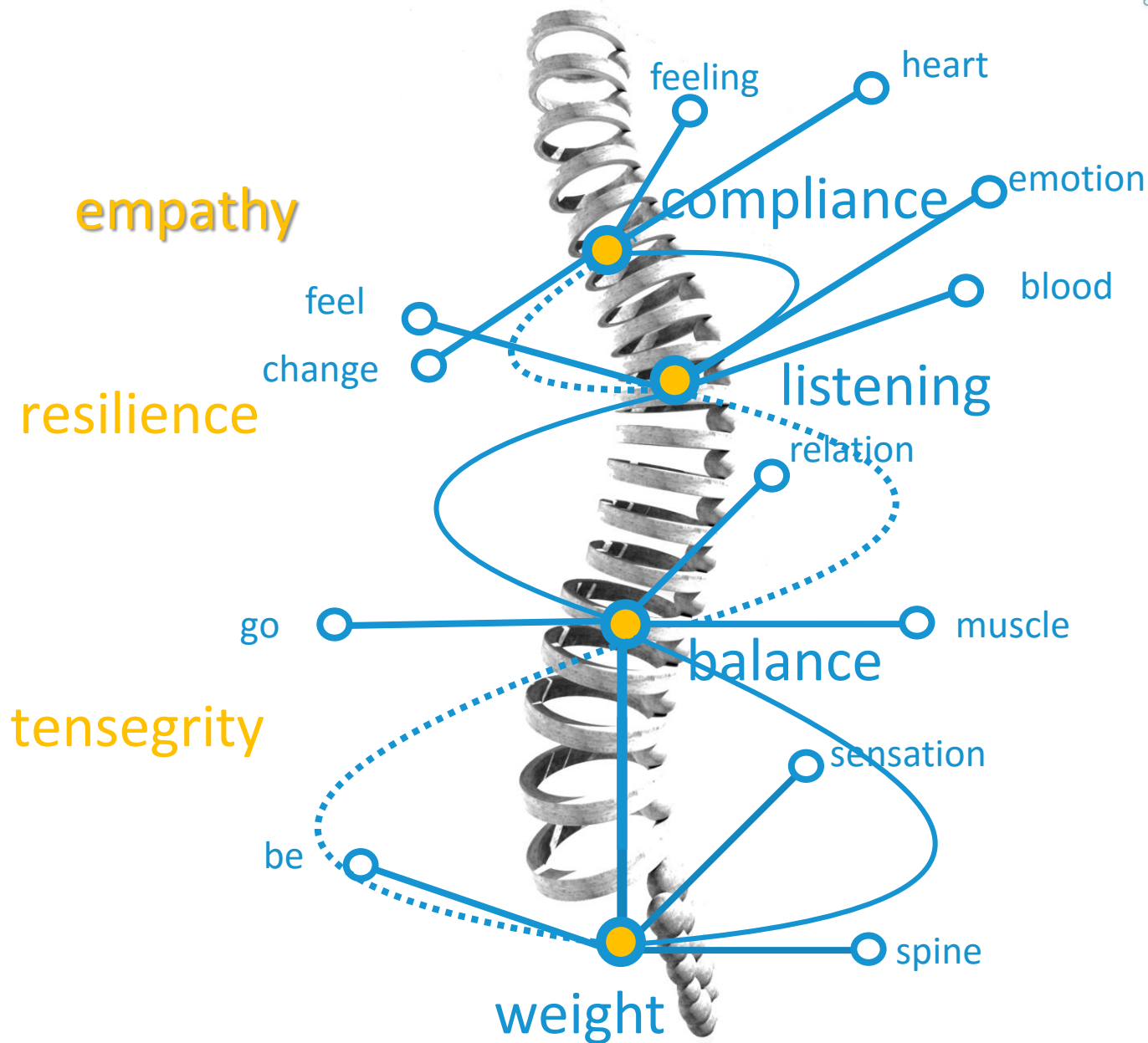




**1-4**

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



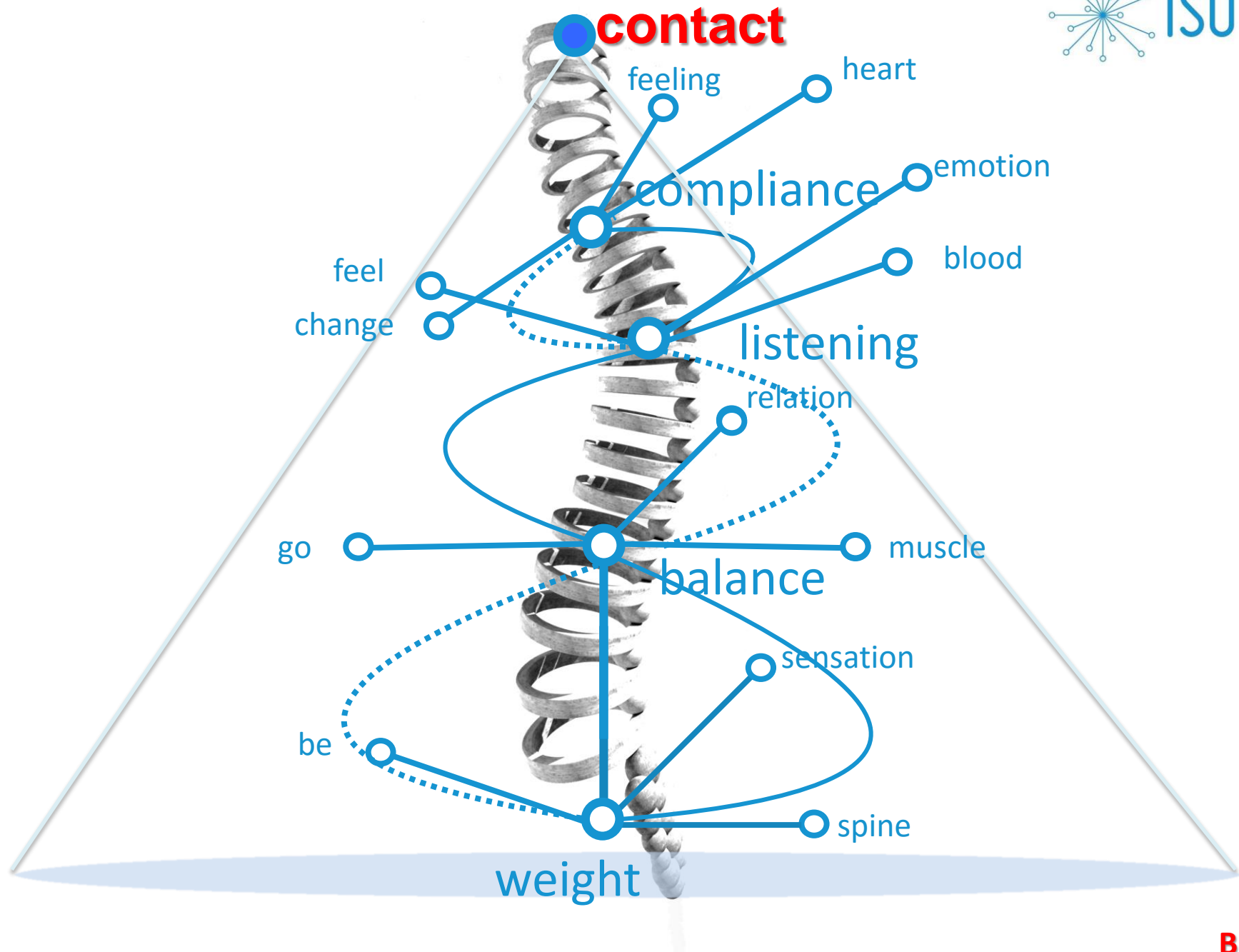




5

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





contact



BPHT

contact



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contact





contact



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contact



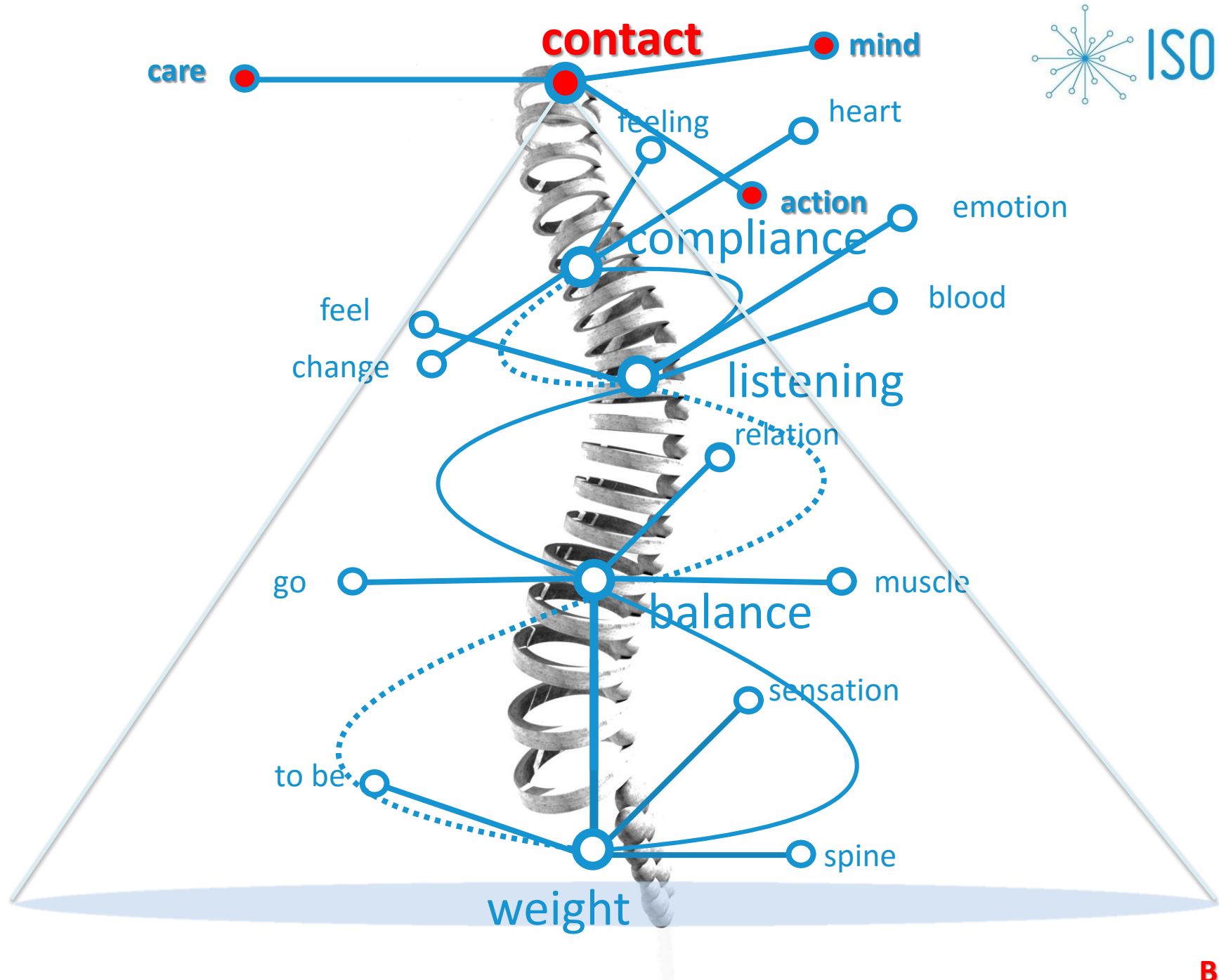
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contact



BPHT



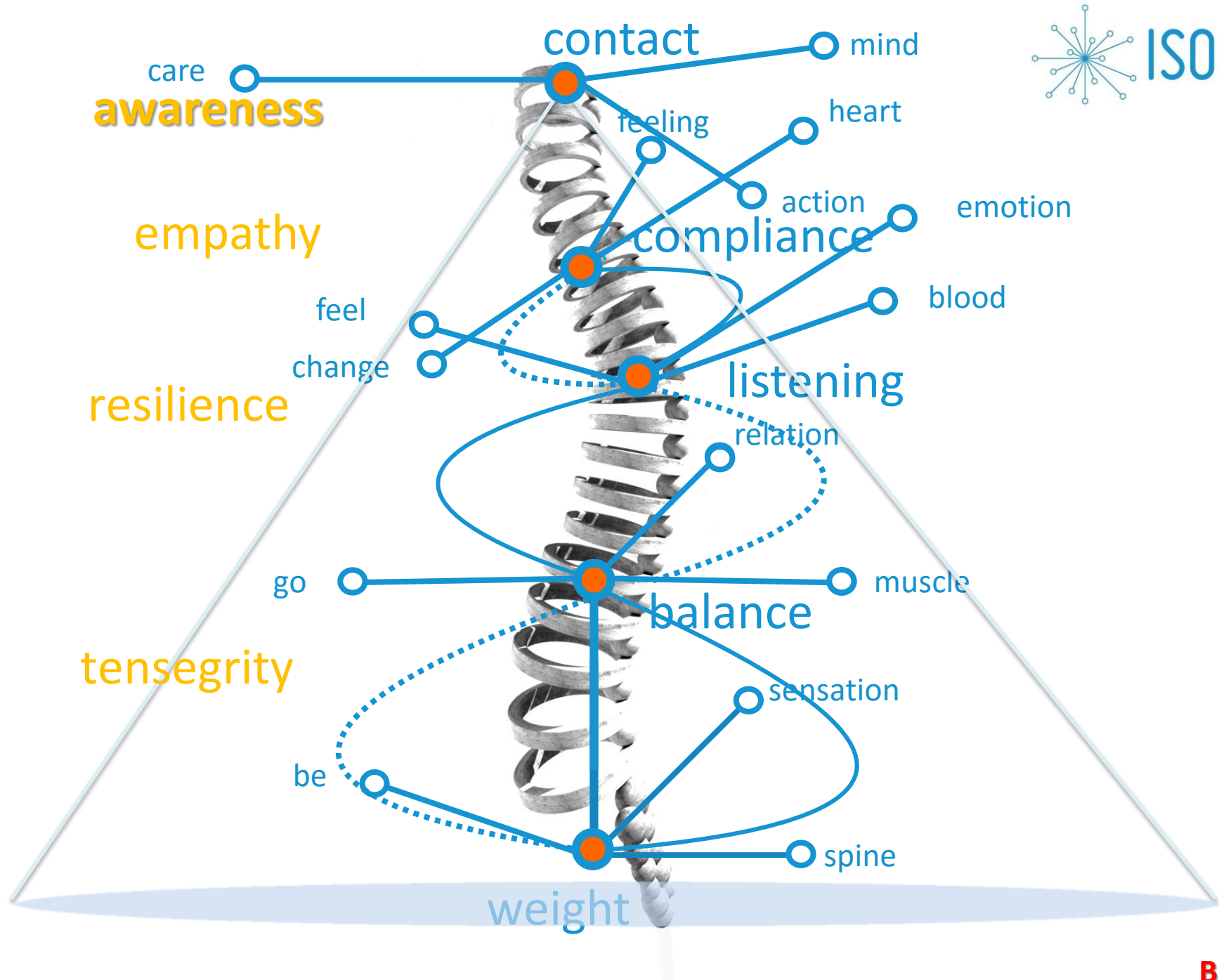




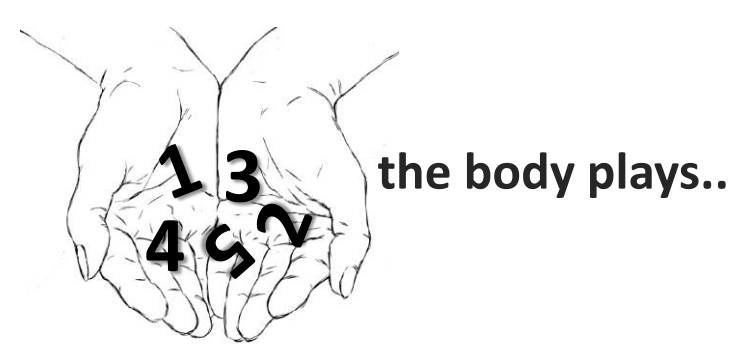
**1-5**

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



**BPHT**

montage



BPHT



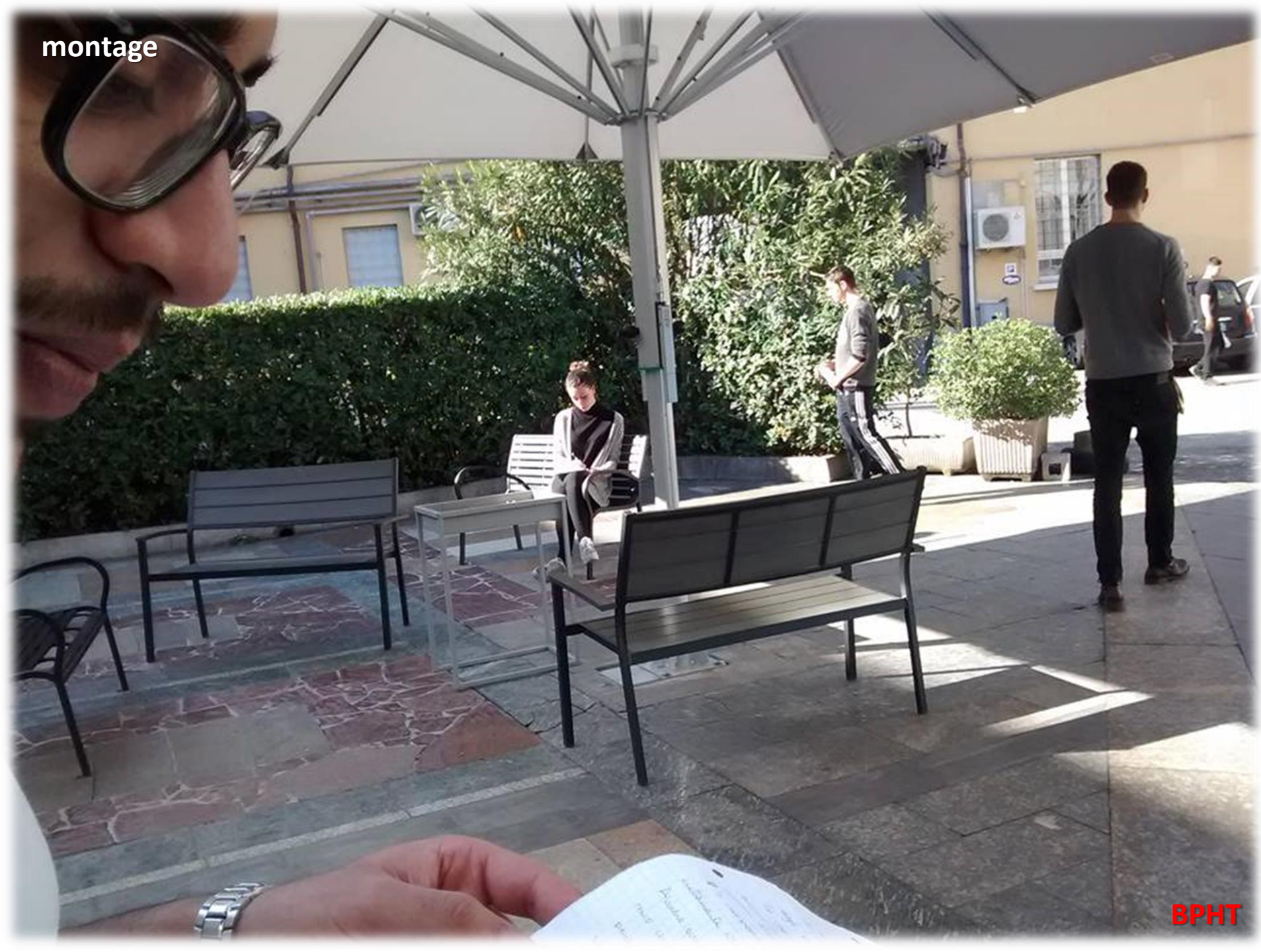
montage



BPHT



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montage



**BPHT**

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