

Melbourne, VIC

# GetInTouch

Introducing **GetInTouch**, a wellbeing focused artist residency hosted by Little Company.

A community of connected individuals exchanging creative ideas and inspiration from a state of deep rest and regulation.

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# Inspired by a desire to create a community of connected individuals and hold space for the exchange of creative ideas and inspiration, GetInTouch was born.

With principles of connection, restoration and creativity at the helm of this project, we aspire to demonstrate how a rested and regulated nervous system can support the creative process.

GetInTouch is an intimate platform that will enable creatives to experience deeper rest and relaxation through Little Company

facials, massage, LED light therapy and meditation. Encouraging them to reflect on and document how this improves access to creative and inspired states of being and how creative and connected states might provide an antidote to the isolation and disconnection we have collectively experienced over the last few years.

## The Artist Exchange

Little Company 90-Minute Ritual Facial  
Still Beauty 60 Minute Massage  
1 x Little Company LED Light Therapy Session  
1 x YIN Yoga Class with Small Beyond  
Little Company At Home Facial Kit  
Daily Mindfulness Journal

**\$797 in value**

Over a two-week period, we encourage you to explore your creative process and how creating space for connection and restoration supports your **creative processes**.

Were you open to more ideas? Did your state of relaxation support you in letting go of limiting beliefs? What arose for you during your mindfulness practice?

# How can you share your work?

## How can you contribute to the culture?

To support you as an artist, we hope to hold and share your voice and your work with our community in a way that **resonates with you**. So you tell us – how would you like to share your work?

- **Artwork for the Little Company Studio**
  - **Social Post / IG takeover**
  - **Short video series**
  - **Newsletter content**
  - **Webpage content**
- This is open for you to explore in whatever medium you feel to and for us to support you in any way we can. If you donate a physical artwork, it will be auctioned, and all proceeds will go to a charity working at the intersection of wellbeing and creativity.

### **Guidelines + Expectations**

As a member of and contributor to **GetInTouch** you agree that the exchange of work is of equal value to the wellbeing experience offered by Little Company.

From the time of your Little Company experience, you agree that the exchange of work will take place within 2 weeks. If more time is required or there is a delay in your work, it is expected that you will communicate with the Little Company team via email – [workingtogether@littlecompany.com.au](mailto:workingtogether@littlecompany.com.au). Please be honest and forthright with your time and commitments as we manage the residency program and a range of artists across Australia.

Once you have exchanged your work with Little Company, you agree to showcase your piece within the respected Little Company studio, which will then be auctioned off at the end of the month to a local charity organisation. Your name, contact details and social media handles will be displayed alongside your work within Little Company.

## Body Song

written by Shannon Powell

Let your body  
find rhythm  
find song

write notes into  
the cello string of a spine.

Let your body sing time signatures  
of a melody unbound.

Let your body sing  
into a mouth of neatly fitted pearls.

Let your body pull the string  
watch them tumble to the pelvic floor  
shifting gravity like lightning  
like a pirouette.

Let your body  
undo

go gently don't go gently  
tremble at the tailbone

undress the knees  
peel back the heels.

Let your body become larger  
than its container.

Let your body hold song  
hold image hold possibility  
greater than its borders.