

POLYGONAL FOREST

PATH Y: The Workshop.

EXPLORE

LA NATURALEZA EN MI CUERPO/ NATURE WITHIN MY BODY

The following experiences are part of a performative pedagogy that places the body as a means for exploration, investigation and creation. The instructions and videos seek to open a space for experimentation that accommodates all possible subjectivities. They are experiences that can serve as triggers for various disciplines and/or individual or collective experiences.

From the world of philosophy (Merleau-Ponty), science (Francisco Varela) and aesthetic experience (John Dewey), there

is a common thread that understands that for there to be embodied learning there must be a commitment to experience: to become aware, to stop, recognize, perceive, and to re-learn to see the world. Learning is performative and experiential, it is being open to a latent world of sounds, smells, materialities, and languages. In performance, the body is a symbolic-biological system of thoughts, movements and actions; it is a product and producer of action and knowledge. In the tradition of performance we are capable of constructing realities.

INSTRUCTIONS & RECOMMENDATIONS

Watch the video and follow along the different movements and verbal instructions.

When you feel like you've found a comfortable dynamic, feel free to further explore on your own. Choose one of the songs we've provided for you in Sala Libre 2 playlist and repeat some sequences of movements that most caught your attention. If the space between my hands were a living organism, a plant, an insect, a mollusk, how would it

move? How does it transform? Explore movements with your hands as slowly as possible, observing the symmetry and geometry of your hands trying to capture the organic movement of your joints and fingers, as well as trying to perceive the space between them. Accompany the movements with your breathing.

CONCLUDING REFLECTION

How would you describe the relation you observed between nature and our body from the movement of our hands?

FURTHER READINGS / LINKS / VIDEOS

Inspiration:

> Powers of ten: <https://youtu.be/0fKBhvDjuy0>

> Sounds of nature to continue exploring:

<https://sound-effects.bbcrewind.co.uk/search?cat=Nature>

> Eyes as Big as Plates: <https://eyesasbigasplates.com/list-of-works/>

> A video that captures various movements in nature that many times are not perceptible to the naked eye: <https://youtu.be/5uBSQOn1Sx8>

References:

> "Conversación criatura-espacio" (content only available in Spanish): <https://www.mariajesusolivos.cl/dialogo-en-el-espacio>

> Charles Garoian: <https://arts.psu.edu/faculty/charles-garoian/>