

POLYGONAL FOREST

PATH Y: The Workshop.

EXPLORE

DIBUJAR LA RESPIRACIÓN/ DRAWING OUR BREATH

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

We suggest you first watch the video for inspiration. Then listen to them again to let yourself be carried away by the voice that guides the exercise.

The paper size can be whichever you find, yet we recommend exploring in large format that can allow you to lie down over the paper. We will connect with the nature that inhabits us by drawing our breathing. We invite you to enter an intuitive space of no judgment to connect

with the invisible. This is an activity that can be done on your own, in pairs or in groups. When done collectively we encourage sharing each of your results and taking a few moments to discuss and reflect.

FURTHER READINGS / LINKS / VIDEOS

Inspiration:

> Segni Mossi: <https://www.segnimossi.net/en/>

> *Touch The Sound* (2004), directed by Thomas Riedelsheimer, who explores the connections between sound, rhythm, time and the body, in relation to one renowned Scottish percussionist, Evelyn Glennie, who cannot hear and who despite her deafness, has developed a new way of listening.

References:

> El cuerpo que dibuja, Sonia Esplugas y María Jesús Olivos (content only available in Spanish): <https://www.mariajesusolivovos.cl/el-cuerpo-que-dibuja>