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Weathering the Body / Handling the body with care? (Workshop)

This workshop proposes to practically approach the question of the '(non)human' from the perspective of artistic research in and through 'Body Weather', a comprehensive performance training that emerged in Japan in the 1980's and that has developed a wide range of practical tools to investigate how bodies and environments intersect. In the workshop, we will work with one such practice, the so-called 'Bag of Bones'. In this practice, a receiving body is moved by two or more other giving bodies while closely examining and observing the receiving body's material condition in terms of weight, texture, muscle tension, mobility, etc. The apparently simple practice of 'Bag of Bones' prompts a number of questions and issues for us to reflect upon in the context of this colloquium. For example: - What is the effect of shifting our attention to the material condition of the body? - How does the practice alter the body's perception in relation to itself and to other bodies? - How might this altered mode of perception be linked with a re-negotiation of our preconceptions about the 'human', about what the body of the other is and about what it can do? - How does this mode of perception possibly point beyond an anthropocentric perspective of the self? This workshop requires no special pre-experience in movement or performance training, but it rests on a desire to get bodily engaged and to work with hands-on. Make sure to wear clothes you feel comfortable to work in.

Joa Hug is a doctoral researcher at the Performing Arts Research Centre at the Theatre Academy of the University of the Arts Helsinki. His research investigates the impact of performance training on the performer's process of perception and mode of knowing. It connects movement research grounded on 'Body Weather' – a comprehensive approach to performance training that emerged in Japan in the 1980's - with a conceptual investigation at the intersection of artistic research, cognitive science, philosophy and cultural theory. Hug is based with his family in Berlin and coordinates AREAL (Artistic Research Lab Berlin), a platform for exchange on research projects.