

LatoMeio WORKSHOP

# **BODYSCAPES AS LANDSCAPES**

BY ELENI DANESI

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LatoMeio  
Project





# BODYSCAPES AS LANDSCAPES

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## GETTING TO KNOW OUR BODIES THROUGH OUR MOVEMENT IN PHYSICAL & MENTAL SPACES

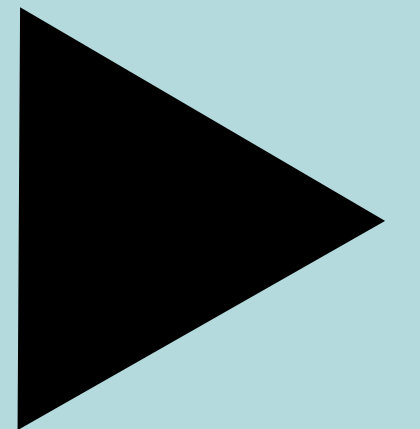
use collective knowledge as a tool for embodied  
cognition

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### About the WORKSHOP

Starting from the idea that the spaces we inhabit can form our identities and shape literally and metaphorically our bodies and minds, I wanted to reflect on what were the forced or chosen environments we inhabited during the lockdown and how they have affected/shaped our bodily and spatial perception.

ABSTRACT

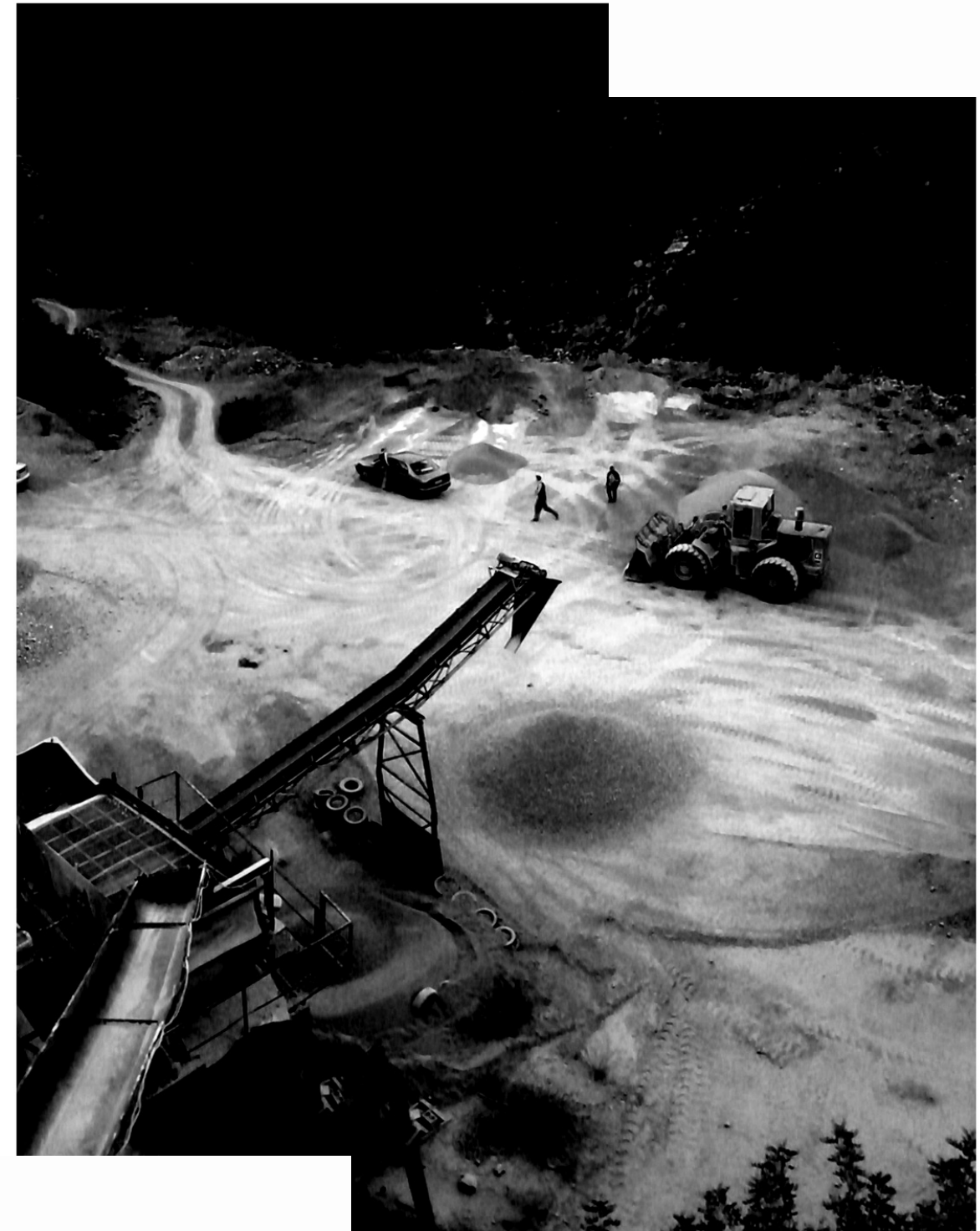


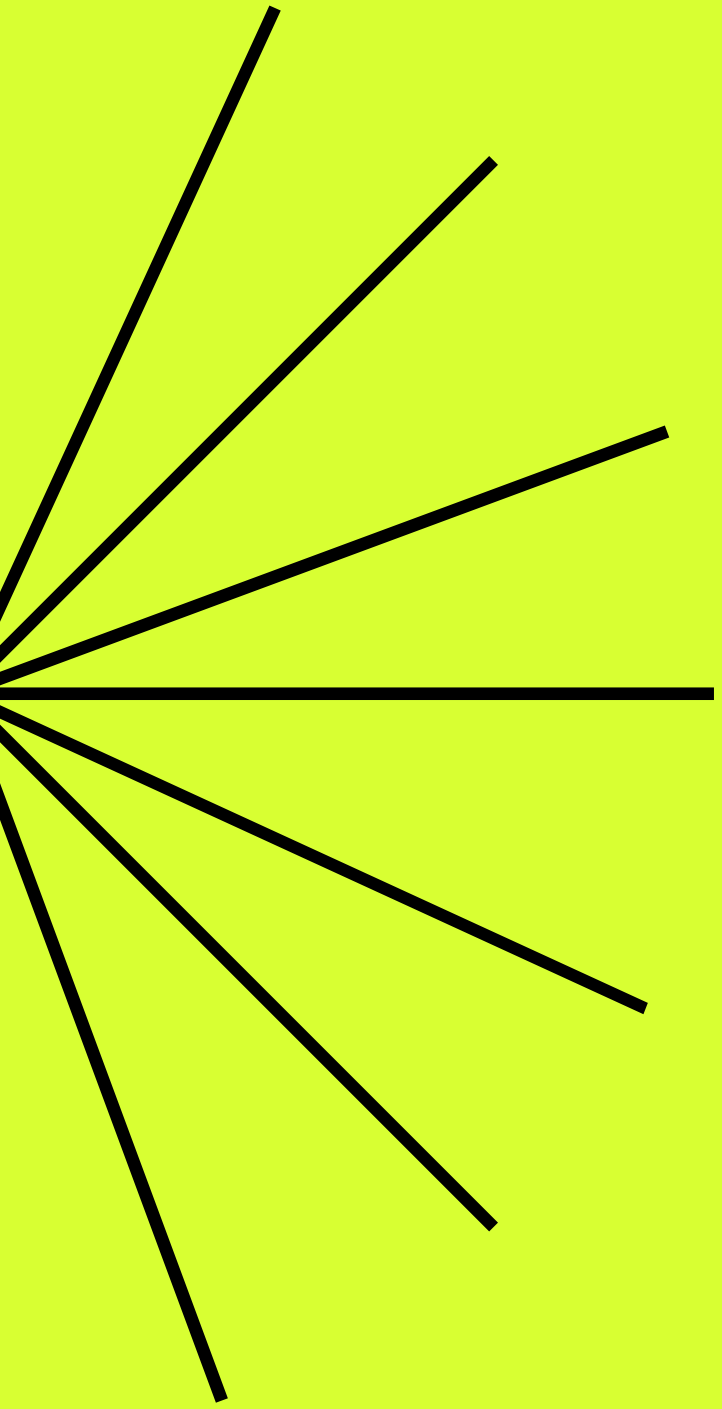
# QUESTIONING OUR TIMES

How would you describe the experiences in the physical spaces as well as in the virtual worlds we found ourselves in during the last year?

How did these spaces affect the perception of our own body, our space awareness, the feeling of group connectivity, or disconnectivity through virtual interrelations?

What did we learn from this period and how conscious are we of the changes that occurred on the architecture of our own bodies?





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we can see the world  
with our skins, and we  
can think with our hands.

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J. Pallasmaa

# CASE STUDY



## MINDFUL MOVEMENT

MOVING IN SPACE IS  
MOVING WITH SPACE

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## THINKING THROUGH MOVING

MOVEMENT AS  
VISUALISED THINKING

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### Touch as Movement Reference

We will focus on the sense of Touch in order to read the space with our skin. We will map our physical and mental responses in order to follow the intuitive paths of our bodily expressions.

### Focused & Intended Movement

We will examine precisely the origin of our movement in relation to the spaces we touch around and within our own bodies. We will observe and analyse body impulses through spatial arrangements and visualize our innerstates using a variety of expressive tools.

### Thinking by Moving

Once we get familiar with the synapses between movement and thoughts, we will focus on the intended visualization of a particular thought, as it arises by our "HERE and NOW" body-space reflection, an unpredicted result which will become movement after we navigated our bodies throughout the process of this workshop.



## Our Playground for Body-Space Explorations

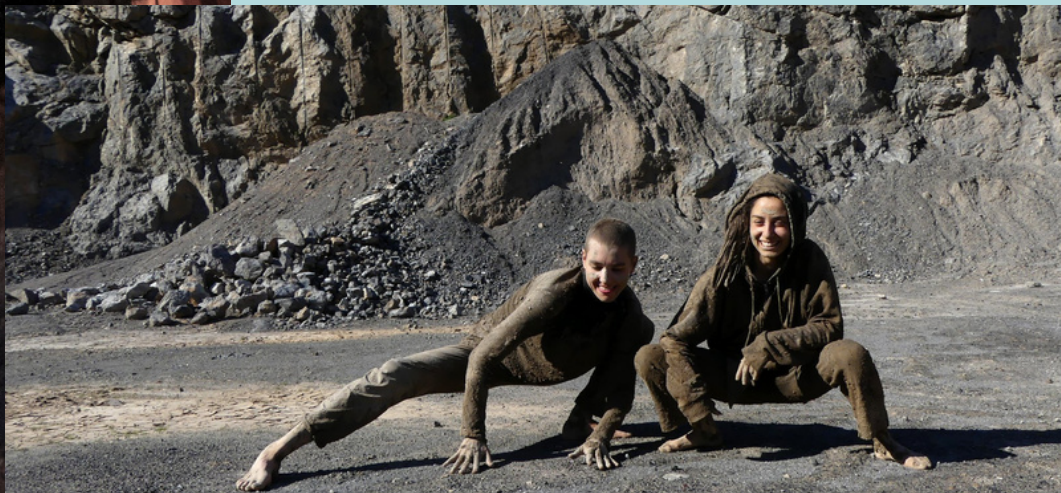
### How we connect

Since 2016, the landscape around the Quarry has been our playground and meeting point for several reasons. We have danced on the scaffold to the sounds of synth improvisation, we've performed with objects and memories, we've projected our imaginations, we ate and laughed together.

Our vision for this place is to be a meeting point of meaningful connections with ourselves and with others, to make the most of a collective experience with respect to our bodies and nature, a place to reflect on what we experience in our daily life and the ways to rechannel our intentions creatively in the spaces we inhabit.



EMBODIED EXPERIENCES







# COSTS

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## PRICES ARE MADE UPON REQUEST

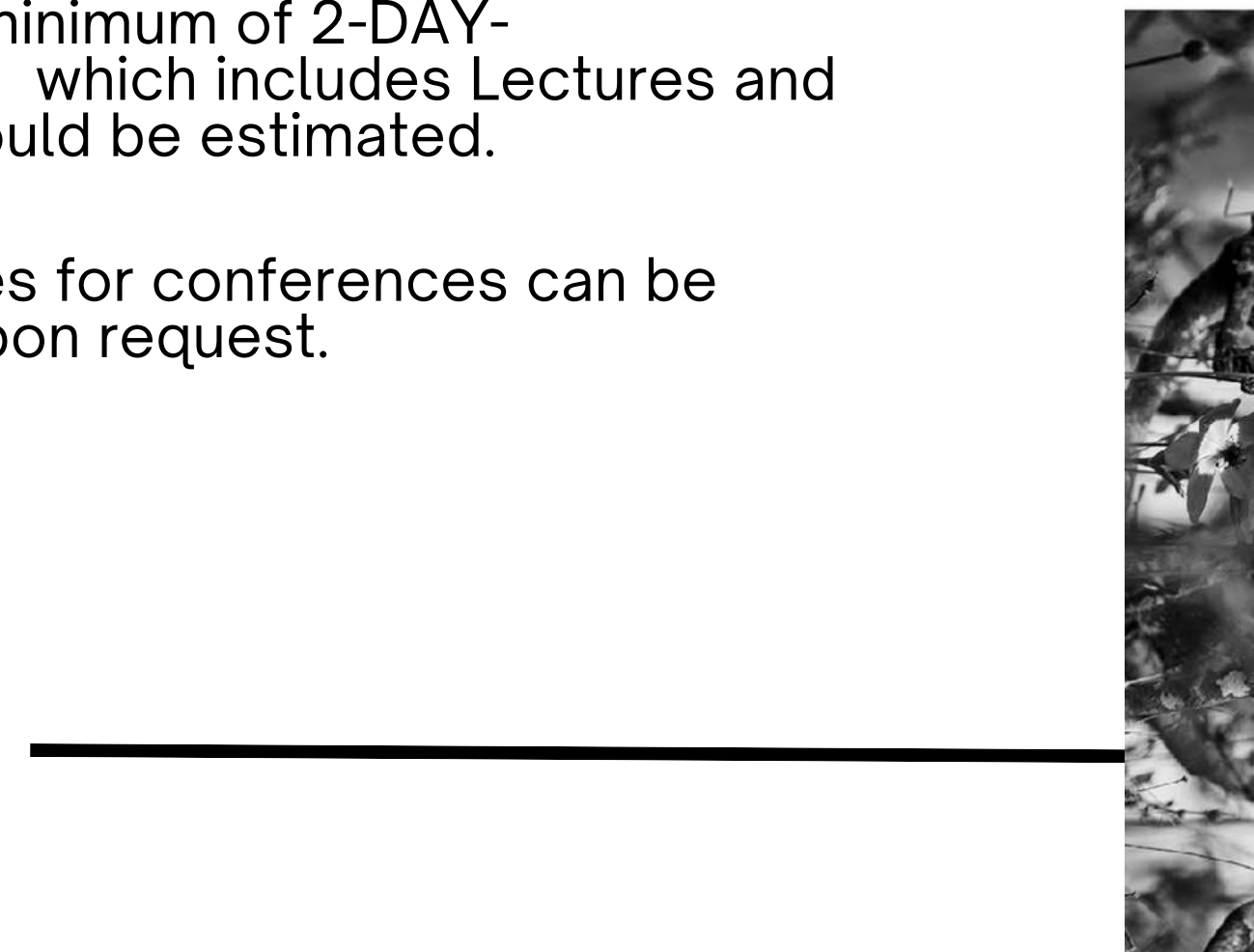
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Please contact me to talk about the  
needs of your Space / School / Institute.

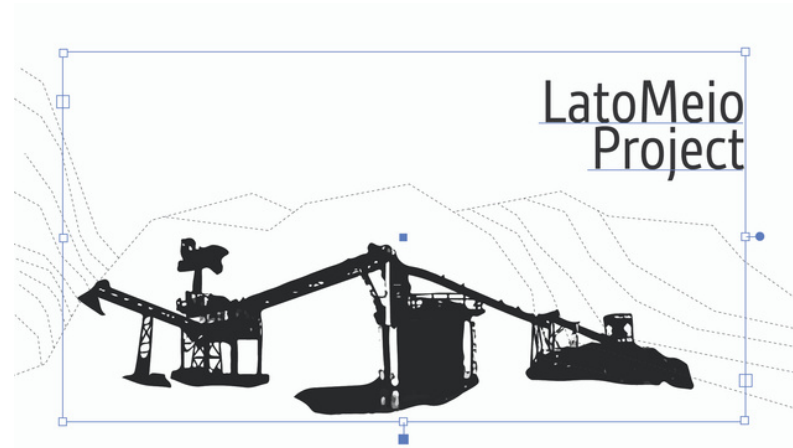
We can work together to build a  
workshop experience close to your time  
availabilities, context of research and  
field of expertise.

Keep in mind that for the information  
provided, a minimum of 2-DAY-  
WORKSHOP, which includes Lectures and  
Practice, should be estimated.

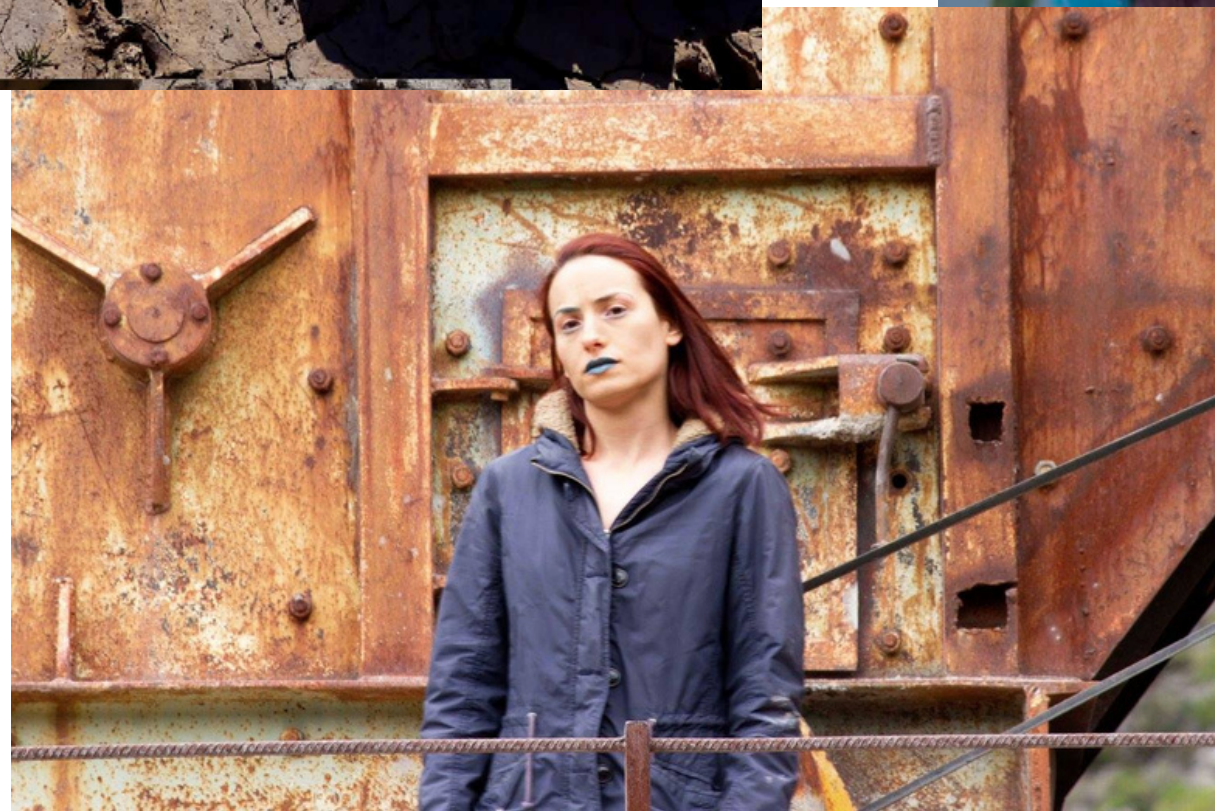
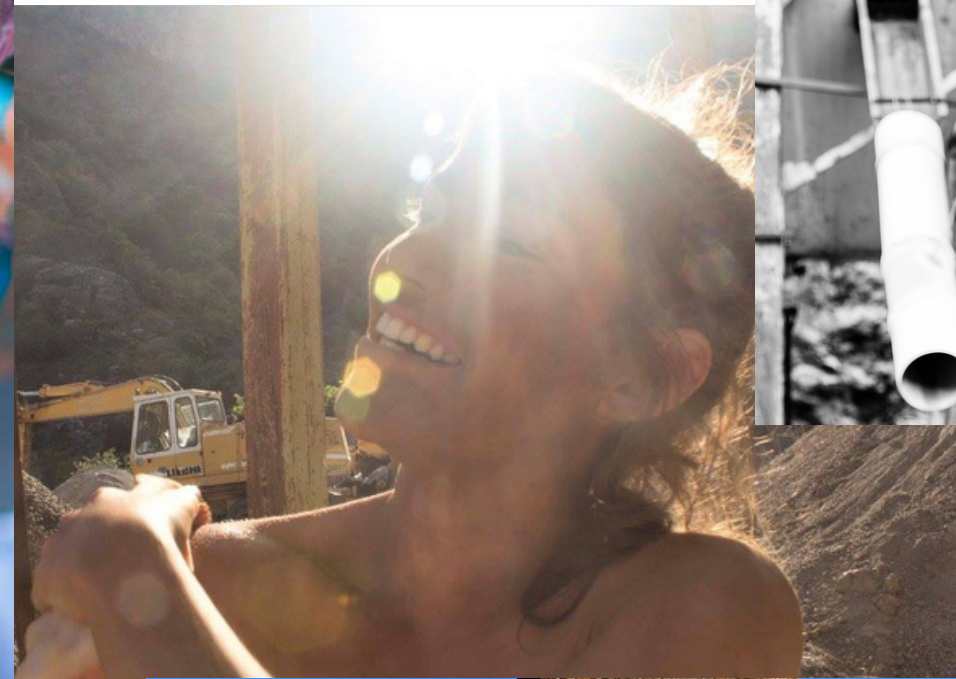
Short lectures for conferences can be  
also given upon request.







Some impressions of "The Martian Chronicles", 2 Artist Residencies that have taken place at the Quarry. For more Photos and information, visit us on instagram [@latomeioproject](https://www.instagram.com/latomeioproject)





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JULY 2020

BERLIN







# BODYSCAPES AS LANDSCAPES

BOOK AN EMBODIED WORKSHOP

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## HOW TO GET IN TOUCH

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# CONTACT INFORMATION