

Somatic Architecture & Practices of Embodiment

In this part, I present part of my work that is related to practices of embodiment of spatial qualities, affects of Materiality, and practices of embodied cognition through sensorimotor activation in various landscapes. These practices focus on the positive impact of natural-physical spaces on our nervous system and question the potential loss of this impact and weakening of the senses due to digitalization. In the DYSTOPIC scenario of hyper-digitalization of bodies, my role is to save these sensorial experiences from "extinction". If I lived in the future I would be an archeologist of senses trying to bring to light lost bodily capacities of sensing, reading and understanding the world.

PROJECT TITLE: **Embodied Democracy**

YEAR: 2022

Artist Residency "Picturing Democracy,
by Fresh A.I.R., Urban Nation, Berlin

[Practicing Interdependency: cultivating democratic relationships with humans and other-than-human species]

Ongoing research project on **embodied practices that foster the rise of democratic encounters**, spaces, and interrelationships, through the lenses of Ecosomatics & Somatic Architecture: bodily and spatial awareness for psychological, social, and political growth.

A 6-month-residency, Fresh A.I.R., by the URBAN NATION foundation in Berlin, and funded by Stiftung Berliner Leben, I have been working on the development of practices that grow a sense of democracy within the human body from the perspective of ECO-Somatic Architecture: **the immersive multisensory experience between bodies and lived or imagined environments.**

The occasion for the development of this project was the intense and violent police interventions in public spaces during the COVID lockdowns in Greece. The violation of the human right to breathe was exceeding the typical safety measures, revealing a shifting point of abusive power in the paradigm of Greek governance, which is self-called DEMOCRACY.

The idea of this project was born as an impulsive response to **"How can someone resist the absurdity of fake democracies"?**

The research concluded with a variety of outcomes from embodied practices of interdependence to a floral mural amplifying the entanglement of human life with nature, an immersive and interactive installation called "The Tent of Consciousness" and a complex of exhibits (illustration and organic sculpture) for the group exhibition.



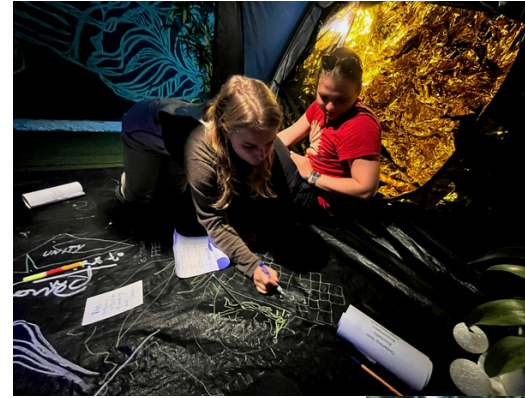
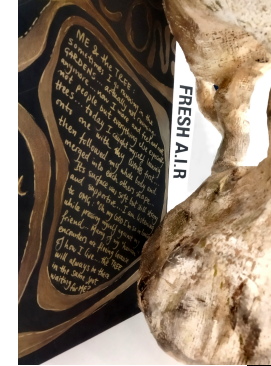
Practicing embodied Democracy, Mental Mapping of Urban Memories

Mental Mapping, an intuitive drawing practice to reveal simultaneous spatial narratives as symbolic representations of space and time.



**MOVING
BODIES
DEFINE
SPACE**

"Entangled Life"
Illustration, 70x100
Organic Sculpture, Gyps 70x70x170
Map on pedestal.



Working with Architecture to reveal
Spaces of Democracy, How Democracy
FEELS in the space?



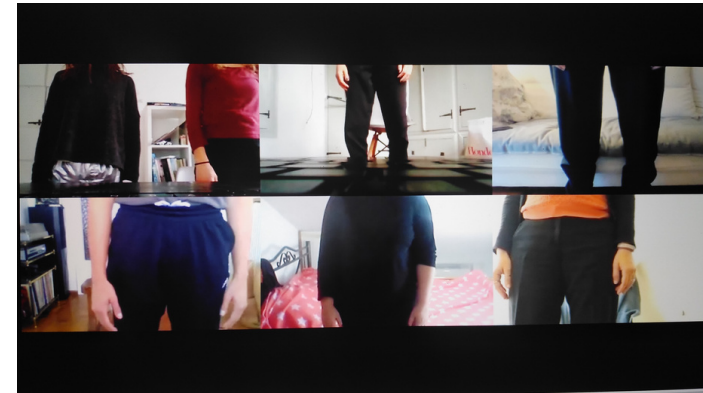
The Tent of Consciousness as a
"SPACE of DEMOCRACY & Dialogue.
participants exploring their inner thoughts through
meditation and opening discussions and dialogues
between them, sharing thoughts and ideas in a
practice of non-violent communication



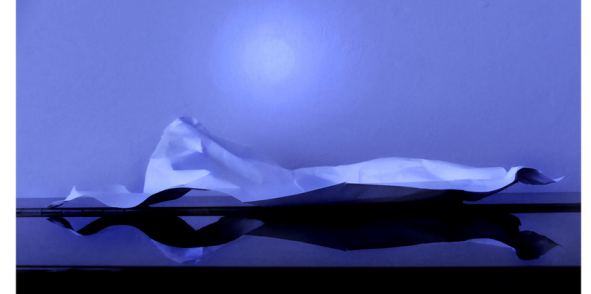
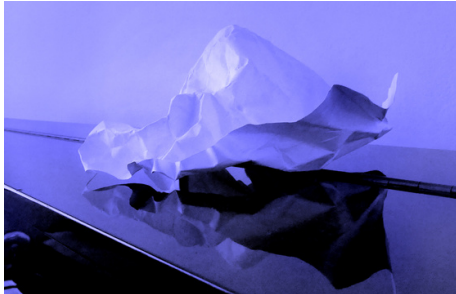
PROJECT TITLE: **TOUCH Laboratory**

YEAR: 2021

Touch and architecture as starting points for dance and choreography



Touch laboratory was a research workshop that started in a physical Space in Athens and had to continue online due to COVID restrictions. The case study was the **dialogue between space and the mental representation of reality as a starting point for movement and choreography**. We explored the idea of Mental Mapping as described by the Urbanist K. Lynch and mapped our spatial experiences through drawing improvisation. We used references from dance and architecture to initiate dialogue between the participants and between bodies and spatial elements. The scores that were created from the process were used as choreographic scores for a collective piece performed by the participants privately.



This laboratory was the occasion to start reflecting on the perception of virtual bodies and the concept of Virtual Touch and to come up with the term VR-ysical BODY, which refers to the sensation that a body co-exists in the physical and virtual space.



PROJECT TITLE: **The Inner Lines of our Bodies**

YEAR: 2019

The body as a Pendulum



The inner lines are the paths of motion energy as it travels through our bodies.

While moving in suspension, my body interacts with gravity, works with momentum, and tries to 'answer' to the physical forces.

This drawing improvisation experiment was my attempt to visualize the fast and unexpected movements provoked by my body in a live movement improvisation in conversation with the gravity and the tension forces of a bungee pendulum system. Organic and raw experimentation and a direct dialogue between the body and the dynamics of the apparatus.



Directed and Performed for the
Aerial Arts Festival in Vienna, 2019



BODYSCAPES as LANDSCAPES

Workshop on the embodiment of Landscapes and direction on a site-specific Performance choreographed by the Quarry (Λατομείο) in Leonidio | as part of the *INNERSCAPES Festival*



Bodyscapes as Landscapes is an ongoing embodied research project on the relationship between body & space and its neurological impact on our brains.

We are in a constant and ever-moving relationship with our environments and it's through this connection that we develop our perception of the world around us. By being conscious and present in the 'making of' this connection, we can be in charge of the architectural structure of our BODYBRAINS. "By touching we become",

During the workshop, we used TOUCH to scan and analyze the Landscape of the old Quarry with our bodies and we improvised in order to discover our intuitive connections with this special place and our INNER-worlds/ our INNERscapes! A performance was presented as the outcome of this workshop.



PROJECT TITLE: **BODYSCAPES as LANDSCAPES**

YEAR: 2021



The body is actively working with the environment. Through practices of pressure and contact, our bodies receive the qualities of the materiality they touch. Bringing our bodies in different relations to the surrounding spaces, one can feel and observe the movement generated within the body and outside of it. **By introducing various practices of focusing on different materials, the body unlocks its potential to stimulate and awaken new paths of memory and self-perception in time and space.**

BODYSCAPES as LANDSCAPES was a choreography workshop and performance in public space, gathering inspiration from the dialogue between the bodies and the site-specific architecture through the sense of touch.

We explored the different qualities in terms of architectural forms and materiality of three different places and how these qualities informed our authentic movement.



PROJECT TITLE: **LatoMeio Project**

YEAR: 2017
2020
2023



Artist Residencies in Leonidio, Greece, by LatoMeio Project

I am the founder and curator of LatoMeio Project, an artistic project that combines **space awareness and architecture with movement practices, creative expression, visual arts, and music** and recently has become neuroscience oriented in order to connect the knowledge about our brain activity with the performing and creative acts. It is based primarily at the old Quarry, the former place of my Grandfather's excavation business, which we use|reuse for our site-specific projects and research.



For LatoMeio, **I have designed and curated 3 artist residencies** in the village, where I have hosted 10 international artists each time. The residencies are based and named after the book "The Martian Chronicles", by Ray Bradbury and deal with the ways we connect to places, people, memories, how we build our identities as individuals and communities, what makes a place special in its essence and how do we accept anything that is new, different and unknown.

All these questions are at the core of our artistic research and we observe how our answers transform in time as we grow and as the surrounding spaces change.





Over the time, I have used the Quarry for somatic and movement workshops, costume design, photography set, filming, and for performances and sound experiments in an attempt to build and archive and history of new activities registered on the surface of the landscape.

I have also organized a 3-day festival, INNERSCAPES, on performing arts and architecture hosting exhibitions, presentations on Neuroscience of movement, installations and film screenings, at the Quarry and other venues in the village.



PROJECT TITLE: **Liquid Stones Liquid Bones**

YEAR: 2023

Movement Workshop on fluid movement and joint plasticity, at The Martian Chronicles Residency #3, LatoMeio Project, Leonidio Greece

A Workshop designed in the frame of The Martian Chronicles Residency #3, for LatoMeio Project, under the topic "Dreaming of (e) CO-Realities". The workshop **employs imagination in order to access the image of our inner organs and generate organic and effortless movement.** This movement connects us with the external space and the surrounding landscapes while it allows for the joint and the ligaments to soften, relax and stay in the flow.

This series of workshops are inspired by the rock formations of the surrounding area which are shaped by the water and hold very curvy and organic shapes. It is a metaphorical way to connect our inner bodily spaces to the outside landscapes.

