

TOUCH
SOMATIC



LABORATORY
ARCHITECTURE

by Eleni Danesi

DATE & TIME	TOPIC	DESCRIPTION
23rd OCTOBER 11:00-13:00	Introduction -The thinking Hand by J. Pallasma ----- -Space exploration with our eye on our skin. ----- -Self witnessing and spatial readings, exclusively through the sense of touch.	<p>During the first meeting we will explore and move blindfolded (wearing masks that I will provide), in order to get “in touch with touch”, leaving behind the powerful sense of seeing.</p> <p>I will introduce the aim of TOUCH LABORATORY in order for all of us to follow a chore of research, our case study.</p> <p>Through exercises of selfreflection and self witnessing, we will connect with our personal way of understanding ourselves through tactile stimuli.</p> <p><i>The session will end with discussion on personal observations and presentation of the second session.</i></p>

30th OCTOBER 11:00-13:00	THE BODY AS A HUGE HAND. -SELF-witnessing and focus on the body as LANDSCAPE that touches and is being touched. (by rubbing against the world, I define myself to myself) -The horizontal plane. How we be- come aware of 2 dimentional space -Floor and body flatness. How can we define our bodies as flat surfaces and what type of movement do we produce from this process? -Bodily correlations on the horizon- tal plane.	<p>In the second session, we wil buid the base of understanding our bodies as a whole.</p> <p>Starting from the imaginary picture of a flat body, a body that can be defined as 2dimentional, we will focus on the “dark”and the “bright” side of out bodies.</p> <p>We will talk about “light-shadow”, “front-back”, “inside-outside”, and we will try to submerge into the horizontal plane, in order to receice information about our physical and mental shape of the two sides of our bodies.</p> <p>In this session we will remain on the horizontal position with the aim to observe, he movement htat is produced through a long-durational contact with the horizontality.</p> <p><i>The session will end with discussion on personal observations and presentation of the third session.</i></p>
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06th NOVEMBER
11:00-13:00

WALLING:

-the idea of horizontal gravity

-Vertical SOMATIC LANDSCAPES
and the awareness of horizontal forces
on vertical planes.

-**Inception:** a trip into the vertical
world

In the third session, our bodies are more dynamic. I will introduce balancing techniques and handstanding, in order to bring our bodies in a variety of balancing posture, other than sitting, laying or standing.

We will use the structural characteristics of a wall and we will attempt to sense the concept of horizontal gravity. A power that makes our bodies feel comfortable walking vertically.

In this stage, our bodies will be already informed by the characteristics of the floor (previous session) and together with the walls we are becoming more familiar with the authentic movement produced by the contact between body and plane.

The session will end with improvisation on the wall and notes on the observations that came through this process. Announcement of the fourth session.

13th NOVEMBER
11:00-13:00

the EXPOSED body.

-The thinking body in 4 dimensional
space.

-Mind Mapping and recording of
our inner paths

-Inside-Landscapes/ESOTOPIA

In the fourth session we see the body a nod-dual entity.

there is no front and back, up and down, bright and dark. The body is one and moves into the time and space driven by sounds.

We will use the sounds as generators for movement. the sound waves cause our hearing drum to vibrate, the vibrations shake the body and movement happens. We will try to track the movement of the sound from the external world to the internal space of our bodies and we will imagine the paths that it follows on our inner-landscape/esotopia (eso= inner, landscape=topio).

We will use drawing improvisation to imprint our esotopia and finally we will "draw" them in space through a somatic free improvisation, in an attempt to externalize the image of our inner landscapes.

The session will end with notes on the observations that came through this process. Announcement of the fifth session.

20th NOVEMBER
11:00-13:00

The Self-IMAGE:

-Poetic movements of an imaginary self, of an imaginary bodyscape.

-The space of Memory

-Phycho-tone, phycho-touch

By the term “imaginary”, we mean a self totally real, a self that has been constructed mentally and is a creation of a mixed reality that includes personal memories together with impressions of others, which became ours through these sessions. We took them cause they were familiar to us, cause they were ours, as those memories that we knew we had but we had never expressed so far.

In the fifth session, we will gather our previous experiences in one collective body of experience.

We will express what “touched us” deeply and stimulated some movement in our inner state. The improvisation of this day will be a result of the phyco-touch, of the way that one’s experience touched and moved us.

All the information that we got in the previous sessions, and from our ongoing life, will help us complete the image of ourselves, as it was organized by this series of sessions.

By the end of TOUCH LAB, I hope to have reached you through my ways of self reading, self awareness and bodily and spatial perception. I also hope that we start a discussion on the social impact of this approach and importance of a well informed body in space.

We will close the Touch Laboratory with discussion and lunch coffee time.

IMPORTANT:

-Because of COVID restriction, there will be limited spot. 6-8 people each time.

-Priority to those who will attend the full package.

-Those who want to work in couples have a couple discount.

-Those who will attend the full package will receive a pdf notebook, with theory, text references, and bibliography that I will mention during the sessions.

**Participation deadline, 19th October,
In case we don't have enough people, I will have to postpone the sessions. Thank you for understanding!**