



SITTING WITH THE BODY - 7/7

Heike Langsdorf
Brussels, 27/9/2013

SITTING WITH THE BODY is a retreat in public space, held in the centre of a city, lasting 148 hours (7/7). Following a strict time schedule, this group choreography draws physical material from the spheres of dance, religious meditation, handicrafts and political protest. Its images all originate from one single image: that of a sitting body, in a high state of concentration. ***SITTING WITH THE BODY*** is performed in a gallery space by people with very different social and professional backgrounds and for a public of passers-by. Depending on the time of the day, it can be observed from outside through display windows or physically joined.

PRACTICE

The production ***SITTING WITH THE BODY*** results from a year-long movement research based on 'sitting with the body', a buddhist exercise for body and mind which teaches us to look inward. Due to an ideal alignment of the skeleton and the movement apparatus, breath can flow undisturbed and the blood circulation is optimized. This withdrawn state can reduce the egoistic drives in a person and helps him to see the bigger context. Together with the choreographer, dramaturge and yoga practitioner Renée Copraij I worked on this and other bodily and mental practices such as walking and standing meditation, Pranayama, chanting, Asanas, Alexander technique, Katsugen, massage, box, Tarot, I-Ching, hand-reading,... In a second phase other people joined the research process too. These co-sitters regularly meet as the *SWTB reading group* and form the cast of ***SITTING WITH THE BODY***.

HETEROTOPIC PLACE

The location of ***SITTING WITH THE BODY*** can be described as a 'heterotopic place', a single place wherein several incompatible spaces are juxtaposed. First of all, the choreography occurs in a gallery in the middle of a busy urban area. Just like a shop, a fitness studio, an office or a café it is framed by display windows. Passers-by are separated physically but not visually from what happens inside. The physical separation between performers and their audience also defines the theatrical space: no one thinks of jumping on stage in order to save the dying hero of a play. On top of that, the location echoes a sacred space. Just like a church, a mosque or a temple it is a place reserved for contemplation and prayer and characterized by a strong behavioral codex.

PRAYER CARDS

The images on display are based on forms of meditation, dance, prayer, handwork and peaceful protest. Day and night, they are physically executed or projected in the form of videos. Like prayer cards, they are made for contemplation and prayer. The scenography, costumes, light design and soundscape all serve to intensify these images.

TIME SCHEDULE

SITTING WITH THE BODY lasts 148 hours. Its different images are structured according to a strict time schedule, characterized by daily repetitions and slight variations. As such, the choreography is juxtaposed to the routine of a city with its working hours, lunch breaks, peek hours and night regimes. At regular moments the door of the gallery will be opened, giving passers-by the opportunity to enter the space and join the performance, thus becoming part of the image. A caretaker will be present to inform and guide these temporary visitors.

WORKING PROCESS

In February 2014 a proto-day will be presented at ZSenne art lab, Brussels. I consider ***SITTING WITH THE BODY*** a piece for touring, but always adapted in situ. After realizing it in Brussels, I would like to produce it for other cities.

DREAMTEAM

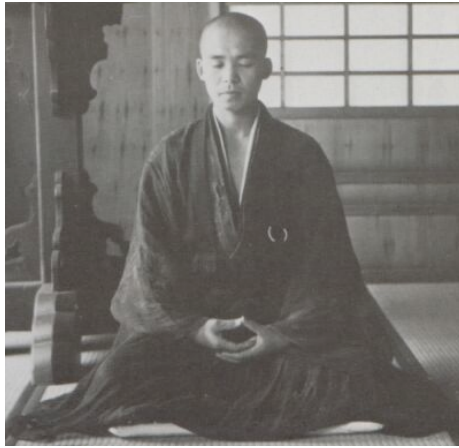
concept / choreography / image coordination - Heike Langsdorf, **performers** - Heike Langsdorf, Lilia Mestre (choreographer), Nelle Hens (dancer), Gilles Polet (dancer), Jo Massin (social worker, buddhist), Isabelle Wahedova (diplomatic worker EU), Katja Dreyer (actress), Helena Dietrich (performing artist), Elke van Campenhout (artistic researcher), Dieudonne Zoko (football player, political refugee) and Luc Emiel Rooman (gallery holder), **guests** - Nick Steur, Tom Hannes, a noodlecook, a storyteller, an urbanist, a religious leader, a philosopher, a scientist, **scenography / caretaker** - Christoph Ragg, **movement coach** - Renée Copraij **choreographic assistance** - Lilia Mestre **video image** - Vincent Jacobs, **dramaturgy** - Sébastien Hendrickx, **urban expertise** - Stefan Moens, **sound expertise** - David Helbich, **production / communication** - Margarita/Mokum

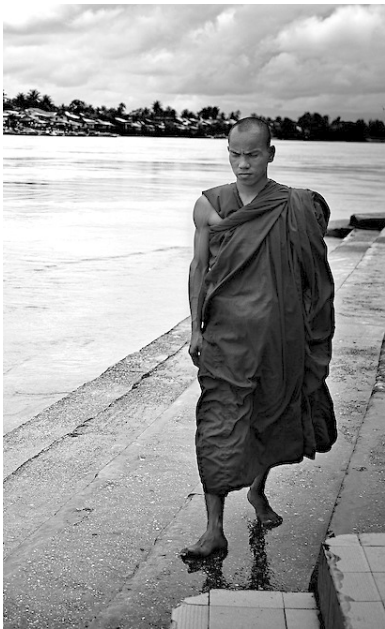
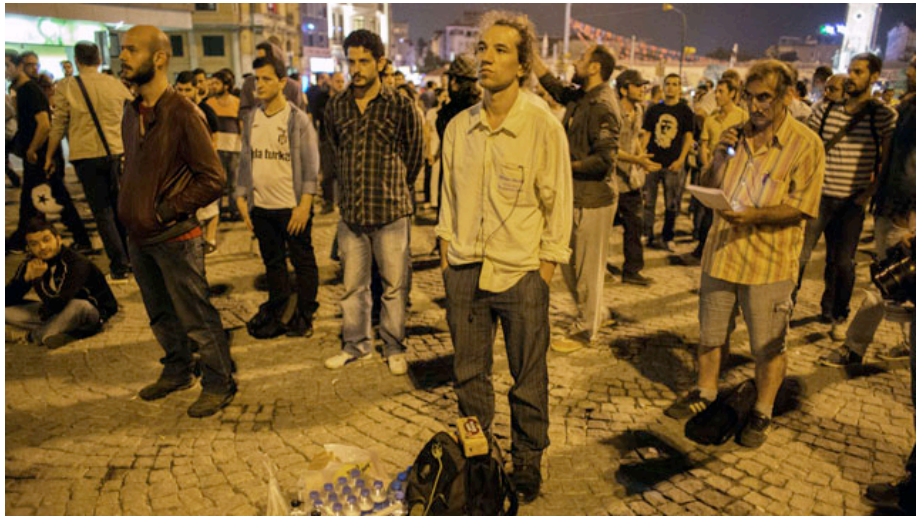
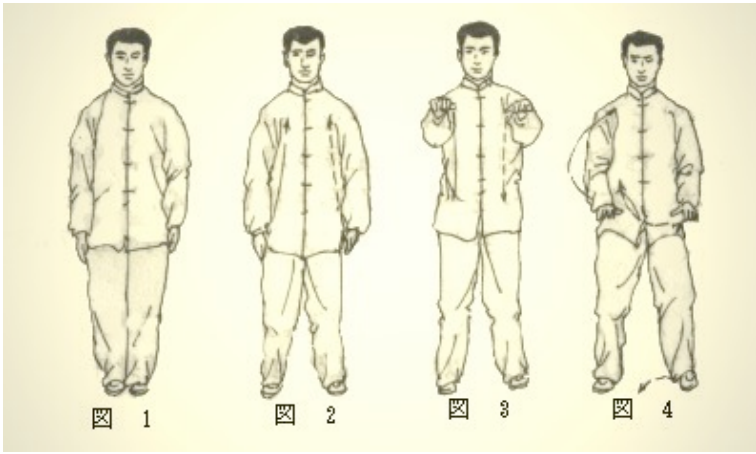


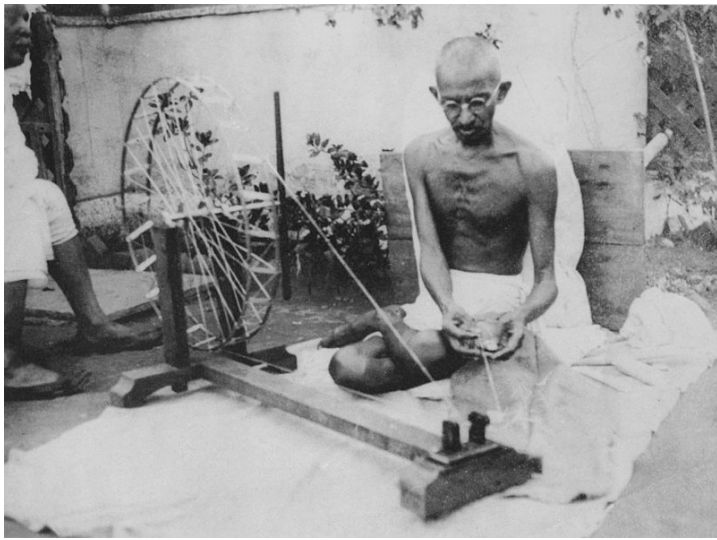
read more on ***SWTB***
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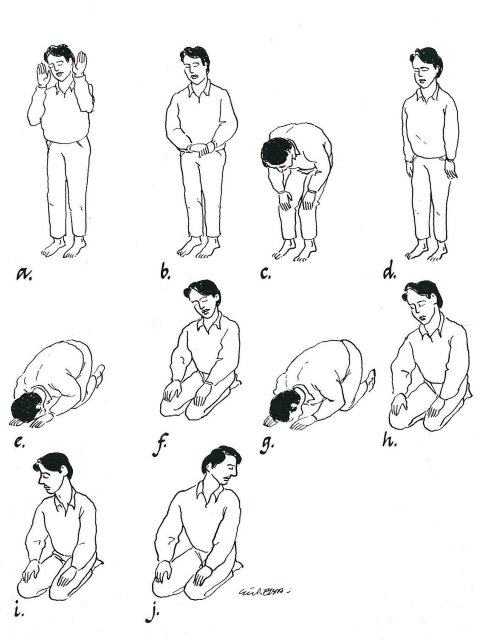
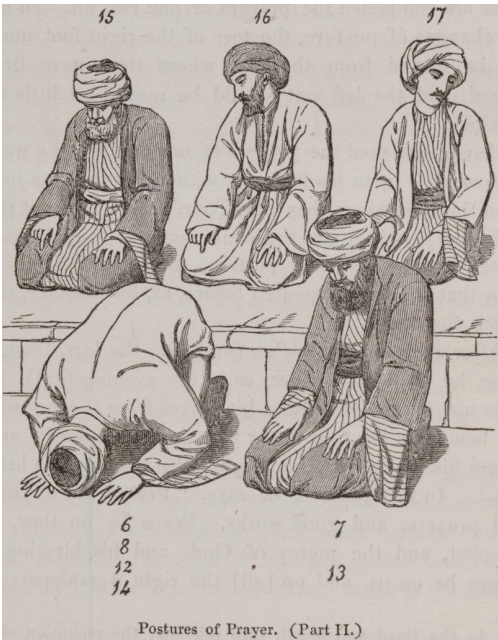


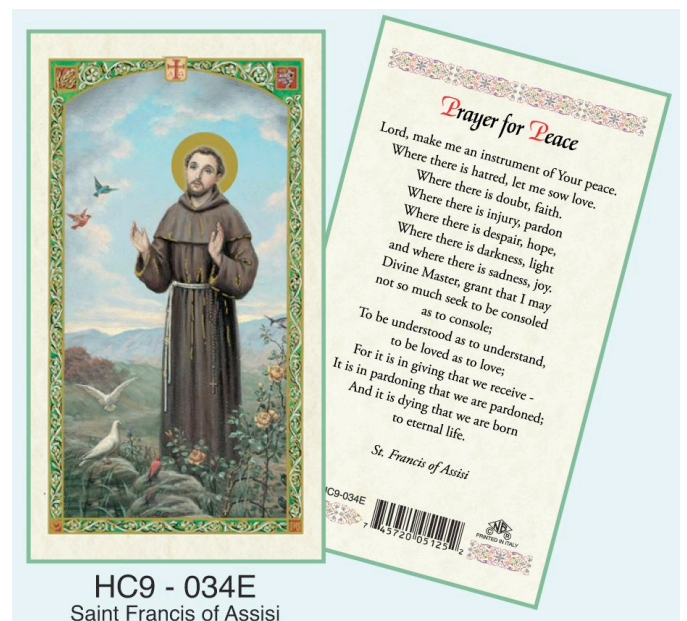
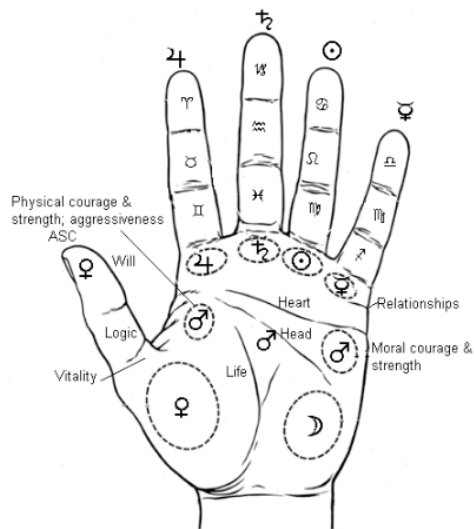
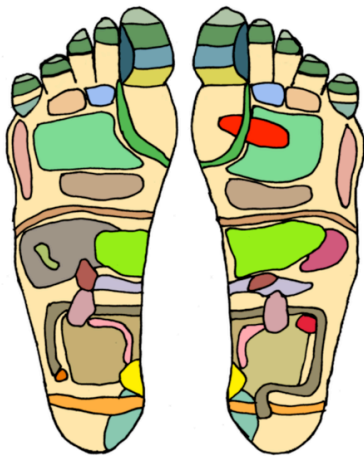
Ancient Map of the Nadis







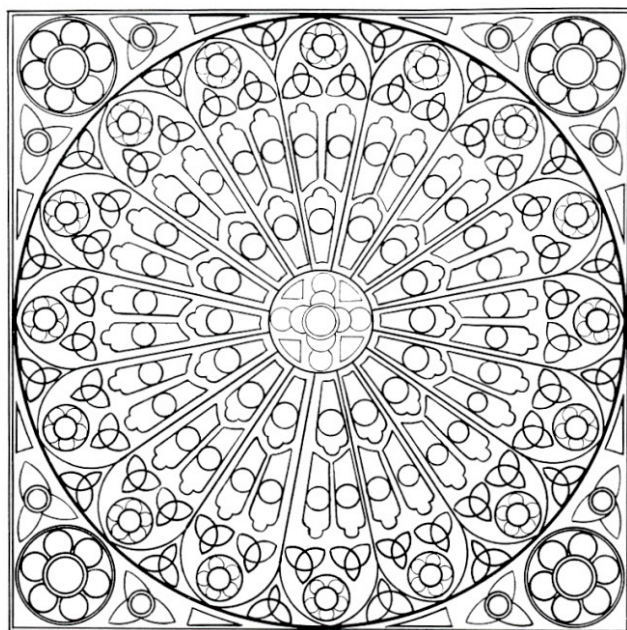
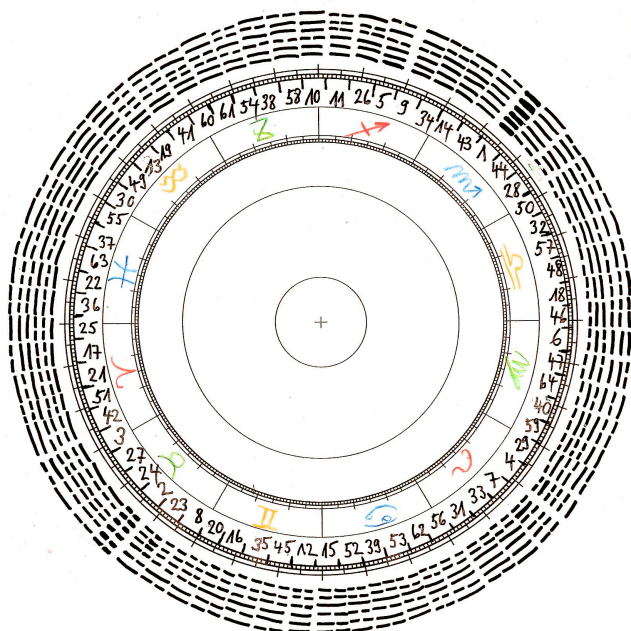




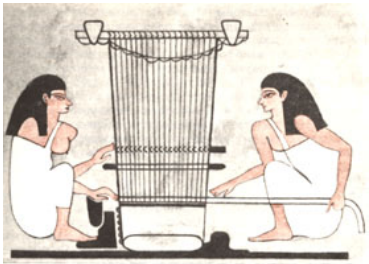
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|------------------------------------|----------------------------------|-------------------------------------|---------------------------------------|-------------------------------------|-------------------------------------|----------------------------------|--|
| 1 The creative | 13 Fellowship with men | 33 Retreat | 44 Coming to Meet | 14 Possession in Great Measure | 30 The Clinging, Fire | 56 The Wanderer | 50 The Caddis |
| 10 Treading [Conflict] | 25 Innocence (The Unexpect) | 12 Standstill [Stagnation] | 6 Conflict | 38 Opposition | 21 Biting Through | 25 Progress | 64 Before Completion |
| 61 Inner Truth | 42 Increase | 20 Contemplation (View) | 59 Dispersion [Dissolution] | 41 Decrease | 27 The Cornucopia (Nourishment) | 23 Splitting Apart | 4 Youthful Folly |
| 9 The Taming Power of the Small | 37 The Family (The Clan) | 53 Development (Growth Progress) | 57 The Gist (The Penetrating Wind) | 26 The Taming Power of the Great | 22 Grace | 52 Keeping Still, Mountain | 18 Work on What Has, See Spoiled to Decay |
| 43 Breakthrough (Readiness) | 49 Revolution (Molting) | 31 Influence (Waving) | 28 Preponderance of the Great | 34 The Power of the Great | 53 Abundance (Fullness) | 62 Preponderance of the Small | 32 Duration |
| 58 The Abyss, Fathoms | 17 Following | 45 Gathering Together (Making) | 47 Oppression (Squeezing) | 54 The Marrying Maiden | 51 The Arousing (Shock, Thunder) | 16 Enthusiasm | 40 Deliverance |
| 60 Limitation | 3 Difficulty at the Beginning | 8 Holding Together (Union) | 29 The Abysmal (Water) | 19 Approach | 24 Return (The Turning Point) | 2 The Receptive | 7 The Army |
| 5 Waiting (Nourishment) | 63 After Completion | 39 Obstruction | 48 The Well | 11 Peace | 36 Darkening of the Light | 15 Modesty | 46 Pushing Upward |

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Hexagrams — S.H. Collinson 1/6/89







Ткачество на фресках Бени-Хасана



