

## Body politics of space

Questions inspired by outdoor exercises

Do we leave space for bodies we don't immediately see?

Is the space ordered with consideration for those with physical abilities that are not in the majority?

Who benefits from the spatialization of bodies?

What kind of space does the body want?

Is order good, or can bodies organically arrange themselves?

What is needed for this organic ordering to take place?

**What constructions, stimuli, behaviors, prevent/block this organic ordering in space?**

Tasks:

- Tune in with a soft touch outside

-Outdoor desires and fulfillments/unfulfillments

Observe the space for 20 minutes, what you would change, what you would do in it

You can allow yourself to act, change, intervene, connect with the space and the bodies, objects, buildings, people, etc. in it.

## Body politics in the media, in constantly updating science and in popular semi-scientific beliefs

*Performative exercise with Máté*

- daily don't do list ( we have collected what are the helpful, but often contradictory, simplistic advice and prohibitions that completely **confuse and take away trust in the body's intuition and senses**)

Tasks:

- repetitive movement task ( repetitive movement, for which the new movement is inspired by a piece of advice or information, and try to keep as many movements in the body as possible until they fall apart and start again )
- simple choreography with different facial expressions ( dead, alive, sexualised) Observing what the expression of the face would change in the movements themselves, what dynamics it would bring, what sensations.

## What I would like my body to be seen and threaten by the community: respected — holy — ordinary-casual?

**why do I feel safe when I am not sexualised?**

Why am I attracted to asexuality? Why do I feel that when other women experience their own sexuality, it goes against my own desires? It is so toxic to my own being sexualized since childhood that I want to get out of it, and so I feel bad when others: women, men, the media, somehow don't help me in some way.