

A photograph showing six people lying on their backs in a lush green grassy field. They are all wearing white shirts and shorts. The perspective is from above, looking down the slope of the hill. The foreground is filled with tall, out-of-focus grass.

THE EARTH IS MY BODY

Art, body and landscape workshop

Trstěnice 2020

A photograph of a woman lying in a field of tall, dry grass. Her face is partially hidden behind a large, brown, crumpled piece of paper or fabric. She has long, light-colored hair. The background is a dense field of grass.

THE ILLNESS

How we feel safe in situation of today's COVID 19 world? We realize how the treatment is so important to us. But maybe it is the chance to reflect the relationship with the Earth and to give some feedback to our behavior in complex and diverse nature.

We could be also more patient, slow down our tempo and stressful days. We should take opportunity of this regrettable situation.



THE VALLEY



This beautiful valley is supposed to be filled with demolition garbage by local company. We decided to comment this situation without words, just through creative art process. We tried to communicate directly with landscape and make dialog.



THE VALLEY

We tried not to shout, but listen and feel the very fragile, but strong voice of the land. We realized how much we people are breaking the relationship with the Earth, building borders. Also our bodies are keeping distance from natural processes.

Our senses are overdosed by visual smog and loud city culture. Now we are frightened of virus we cannot handle. But how the Earth can handle such a parasitic virus as we are?



THE VALLEY IN TROUBLE

"Valley in trouble", work in landscape.

THE WORKSHOP



The workshop was conceived as encounter of artists and students in order to enrich the experience of body perception. Program offered an approach to somatic art and focused on deep immersion to the principles of mindfulness, but in motion and art creative process.



SOMATIC

The path of somatic art is, in essence, a creative path, a path of sharing and joyful being in the body. We also learn to perceive and read the movement around us, which is necessary wherever we encounter a human resource.

We develop concentration and intuition through the sensual and body impulses. We perceive not only the inner but also the outer world better.

THE PROGRAM

Each day program contained body work, art assignments and integrated tasks. We also were focused on self-experience, creative process and reflection.



THE WORK

Day 1: Body area and gesture drawing.

THE WORK



Day2: „Valley in trouble“, happening in landscape



THE WORK

Day 2: Drawing, growing, layering

"Partitures", work in pairs, drawing record of movement and interpreting of "notes" again.



THE WORK

Day 3: „The Burial of The Earth”, layering of waste and garbage on human body



THE WORK

Day 4: „The Part of It“, performances and experiencing body in nature



THE WORK

Day 5: aquarell
dripping



THE WORK

Day 5: „The Valley“, performance and experiencing body in nature



RESUME

For the whole 5 days we worked on our own creative project, led and inspired by somatic approaches, experimental drawing and land art. We used the possibilities of the body, drawings, photos, cameras, words of written, spoken, or sound. Methods of expressive reflection, automatic and experimental drawing and self-expressive ways in contemporary education were vehicles for integrating art, body and landscape. Through art and body experiencing we tried to built interest in advancing creative possibilities.

Thanks to all participants and to hosts at lovely house in Trstěnice in August 2020, CZ.

Photo by: Corinne Ott, Cath Gemerle, Zdenka Lammelová



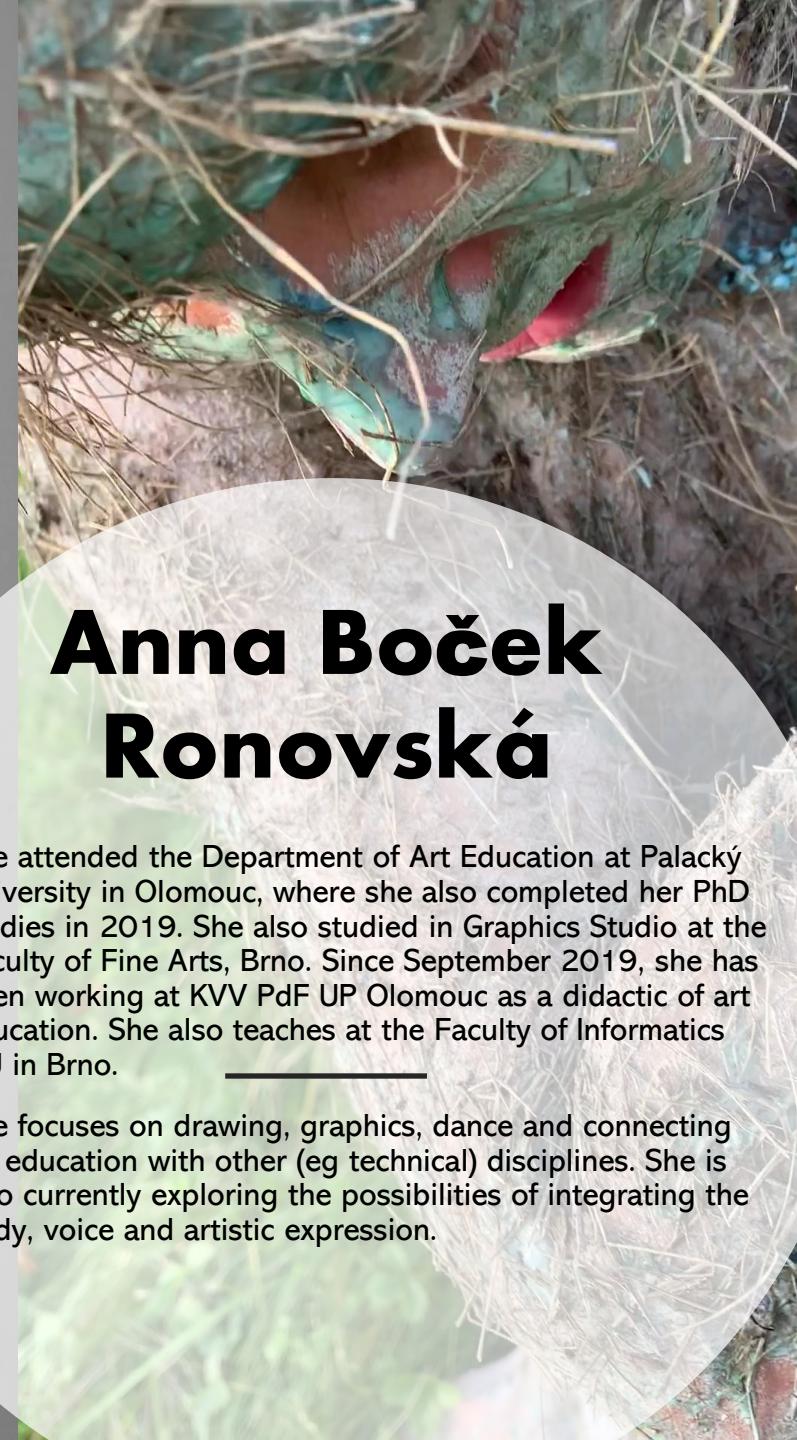
Rena Milgrom

CMA, TPT, RSME

Studio owner, dancer, teacher, certified movement analyst, registered as Somatic Movement Educator / Therapist (ISMETA), dance and movement therapist (TANTER). 20 years of experience in the field).

She teaches both non-dancers, ie the general public, and dancers in the DanceLAB studio, Prag.

Author of the program Conscious Body focusing on somatic education.



Anna Boček Ronovská

She attended the Department of Art Education at Palacký University in Olomouc, where she also completed her PhD studies in 2019. She also studied in Graphics Studio at the Faculty of Fine Arts, Brno. Since September 2019, she has been working at KVV PdF UP Olomouc as a didactic of art education. She also teaches at the Faculty of Informatics MU in Brno.

She focuses on drawing, graphics, dance and connecting art education with other (eg technical) disciplines. She is also currently exploring the possibilities of integrating the body, voice and artistic expression.