

POLYGONAL FOREST

# PATH Y: The Workshop.

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EXPLORE

## LOS ELEMENTOS EN MOVIMIENTO/ THE ELEMENTS IN MOTION

The following experiences are part of a performative pedagogy that places the body as a means for exploration, investigation and creation. The instructions and videos seek to open a space for experimentation that accommodates all possible subjectivities. They are experiences that can serve as triggers for various disciplines and/or individual or collective experiences.

From the world of philosophy (Merleau-Ponty), science (Francisco Varela) and aesthetic experience (John Dewey), there

is a common thread that understands that for there to be embodied learning there must be a commitment to experience: to become aware, to stop, recognize, perceive, and to re-learn to see the world. Learning is performative and experiential, it is being open to a latent world of sounds, smells, materialities, and languages. In performance, the body is a symbolic-biological system of thoughts, movements and actions; it is a product and producer of action and knowledge. In the tradition of performance we are capable of constructing realities.

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## INSTRUCTIONS & RECOMMENDATIONS

Watch the video paying attention to the diversity of bodies and ways of interpreting the instructions. This will inspire you to incorporate movements different from those that you are usually used to.

Then, let yourself be carried away by the guiding voice and begin to explore the different states and textures of the elements through movement, imagination and the sensory experience of your own body. The different shapes that appear across the video are “Platonic solids”: four of the five polyhedra (Tetrahedron, Octahedron, Hexahedron, Icosahedron) named after greek philosopher Plato who hypothesized in his writings *Timaeus* in 360 BC that the classical

elements (Earth, Fire, Wind, Water) were made of these regular solids. If you wish to further explore, you may choose music from the suggested music playlists we’ve provided below video (AIR, WATER, FIRE, EARTH), to come up with your own moves. It is not necessary to know how to dance, the important thing is that from the enjoyment of movement you can tune your body and your emotions, letting yourself be guided by the stories and textures of each element.

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## FURTHER READINGS / LINKS / VIDEOS

### **Inspiration:**

> Ellen Fullman and the Long String Instrument <https://youtu.be/HJHmsTk303Q>

> Paul Rosero, *Dark Paradise: Humans in Galapagos* (2019): <https://vimeo.com/447321788>

> About *Gaga dance methodology*: <https://youtu.be/OGPG1QL1vJc>

As well as the documentary *Mr. Gaga: A True Story of Love and Dance*

View trailer here: <https://youtu.be/4X-qYWfMxh4> )

### **References:**

> Colectivo Antagonismo: <https://colectivoantagonismo.wixsite.com/arte/performances>

> On the elements and their relation with our emotions (text is in spanish):

<https://danzando5ritmos.com/los-5-ritmos/>