

Being on the Beach
Exploring Sensomotoric Awareness
in a Landscape

Aesth/Ethics in Environmental Change

Hiddensee, 24-28 May 2010

Grete Refsum & Ingunn Rimestad

Overview

1. The Project
2. The Beach
3. Workshop

1. The Project

- Statement of problem
- Initial Questions
- Hypothesis/Presupposition
- Context
- Research question/artistic challenge
- Methods
- Grete & Ingunn

Statement of problem

Ecological crises demand:

- **an increased sensitivity to nature**
- **an ability to change & adapt to new situations**

How can this be achieved?

Initial Questions

How do we perceive a landscape?

What do we sense: see, hear, smell, feel, taste?

What are the connections between body postures and sensations?

Do such actions influence our perception?

Hypothesis/Presupposition

Increased body awareness impacts on:

- how we sense and perceive
- how we relate to our surroundings
- how we cope with changes

Context

- body movement
- environmental art



Body Work

Anna Halprin (1920-)

Stone Circle

Andy Goldsworthy (1956-)

(1956-)





Grete's Beach Rosary

World Beach project

http://www.vam.ac.uk/collections/textiles/lawty/world_beach/map_gallery/

Finding

Composing



Ingunn as Water Queen

Juv, 2008 Gudbrandsdalen, Norway
Choreography: Anne Grete Eriksen/Leif Hernes



Grete & Ingunn

Workshop

Granavolden

26-29 March 2009

***Body Awareness
and Objects***



Research Question/ Artistic Challenge

How does our body position influence what we perceive?

How does what we perceive influence our actions?

Methods

- Beach analysis
- Workshops
- Documentation plan
 - photo/video
 - participants' communication
- Analysis
- Knowledge gain
 - experiential
 - theoretical
 - visual/aesthetic

2. The Beach



Østre Brygge, Brønnøya, Norway

To the East



Shallow water

To the South East



Stones in different sizes

To the North East



Longitudinal overview

Directions



Towards the sea



Towards land

Zones



Border Area

sea/beach



under water

oscillating under/over water

sea/beach detail



Border Area

land/beach



Vegetation Zone



Vegetation details



Vegetation details



Tide Zone



3. Workshop

We invite you
to explore
your sensomotoric awareness
in relation to the landscape/beach

Challenges

- How do we perceive the beach?
 - nature
 - objects
 - people
- What do we sense?
 - see
 - hear
 - smell
 - feel
 - taste
- How do we position ourselves?
 - stand
 - sit
 - lie

How does our body position
influence what we perceive
and what we do?

We will explore:

- our grounding
- gravity
- displacements
- movements
- actions

**We will challenge
our accept of
continuously
being
in transition**

Thank you for listening
welcome to the beach workshop!

www.refsum.no