Being on the Beach Exploring Sensomotoric Awareness in a Landscape

Aesth/Ethics in Environmental Change

Hiddensee, 24-28 May 2010

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The Project
The Beach
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-)





Grete's Beach Rosary

World Beach project

http://www.vam.ac.uk/collections/textiles/lawt y/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

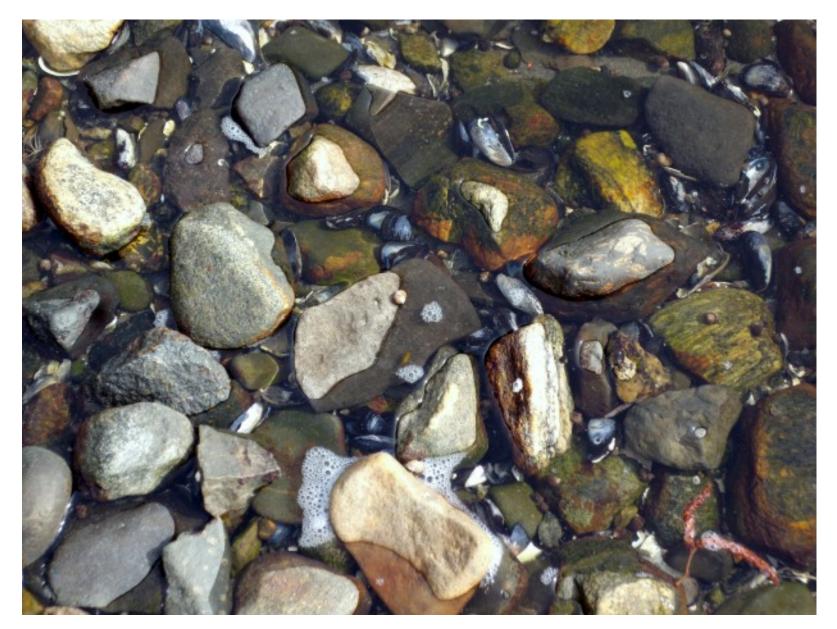


Border Area sea/beach



under water oscilliating 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