

Manipulation

A Workshop-Demonstration by Joa Hug

In my doctoral research, I am exploring the relationship between sensing, perceiving and reflecting in dance/performance. The main point is to gain knowledge and understanding about the issue of *alteration* from the perspective of the dancer/performer as researcher.

I am approaching this issue in and through one of the constitutive elements of the *Body Weather*¹ training methodology: the so-called *Manipulations*. The question is, how the process of sensing, perceiving and reflecting is being *manipulated* in and through this practice.

In the workshop-demonstration, we will practice *thinking through* the *Manipulations*, in a double meaning of the word “*through*”: to make the *Manipulations* both the *subject* and the *object* of a *practice* of thinking and reflecting, both a means and an end of performance-as-research.

What is it that can be accomplished through this practice? What is its impact on the artist practitioner? What effect does consciously altering one's physical state and awareness have on one's way of reflecting? How can conscious activity of the mind alter the body's perception in relation to itself and to others? What is the impact of research on the practice of the Manipulations? In which way does the action of research shift the perspective in/on/through the practice of the Manipulations, turning the practice itself into an object of alteration? In other words, and putting the question more generally: How can artistic research alter artistic training and performance practices?

Those who join the workshop-demonstration are invited to choose whether they want to become actively involved either in the hands-on experience of the research(ed) practice or as observers.

¹ *Body Weather is a comprehensive training and performance practice that investigates the intersections of bodies and their environments. Bodies are not conceived as fixed and separate entities but are - just like the weather - constantly changing through an infinite and complex system of processes occurring in- and outside of these bodies.*

<http://bodyweatheramsterdam.blogspot.de>