The City, the Body and the Flow (Workshop)
Marta Peres

This workshop puts the question: “If the city were my body, what would be healthy, what would be sick?” The body systems, as well as city aspects, can be understood in connection with four movement quality factors analyzed by Rudolf Laban: skeletal system/space; system muscle/weight; nervous system/time; fluid systems/flow. Focusing on the quality of flow, participants will be asked to what extent these factors can be observed in the city and its relationship with health aspects of urban life. Bainbridge Cohen tells us “the fluids are the transportation systems of the body. The major fluids are cellular, interstitial, blood, lymph, synovial (joints) and cerebrospinal. (…) They underline presence and transformation, and mediate the dynamics of flow between rest and activity” (2008:3). First, during the warming up, there are many ways to stimulate our perception of the Fluid Systems of the body in a practical approach, by suggesting movements in pairs, in groups and also individually. After that, using simple material like magazines, newspapers, scissors and glue, we will discuss the flow in the city, which has to do with good or bad traffic, rushing, people walking along, subway, bus and train stations, their way of occupying the space, the easy or difficult locomotion. For instance, we can pay attention at two different kinds of attitudes in subway users; those who stand still at the right side of the stairs leaving the left side free to those who want to walk faster, and those who ‘close’ the space both in the left and right sides, which interrupts the walking flow. The workshop is based on these ideas of movement qualities leading to a process of collective creation and a performance in a place to be decided together with the participants and organizers of the event.

Biography: Marta Peres is a teacher at UFRJ in graduate programs in Dance. PhD in Sociology (UnB, 2005), post-doctorate in Anthropology (UFRJ, 2006), she is in a post-doctoral program at USP. She graduated in Dance (Angel Vianna, 1990), and in Physical Therapy (IBMR, 1995), with a Master’s degree in Health Sciences (UnB, 2000). She coordinates Paratodos, dance project with people from mental health services and people with physical disabilities. She directed the plays, “The Quantum of Bodies” (2004), “68 a Vera” (2008), was one of the choreographers of “Carmina Burana” (2009) and collaborated with “Non-Stop Theater”, Namsos, Norway (2011).