Sunday, November 15, 2015

Sunday Process Lab with Jumatatu Poe

Company: Movement Research
Venue: Movement Research at Eden's Expressway
Location: New York, NY

The Switching

I like to imagine that this improvisation practice, The Switching, is a strategy in immediate evolution through transubstantiation. I began to practice The Switching in relation to dealing with my curiosities around a question I obsessed over: "Can I change myself?" Our practice will deal with essentialization - through the immediate design of creatures, or ways of being - and working with restrictions/limitations. For me, there is something deeply spiritual about it, something confusing, something humbling/humiliating about it. I feel like it has theoretical links to code switching, especially as it has to do with my Blackness and queerness, experiences of immediate compartmentalization/contextualization as a defense mechanism, as a means of survival. Please join me! I encourage all bodies, all gender expressions.

Sunday Process Labs are a series of three-hour, low-cost sessions on Sunday evenings, providing an opportunity for a dynamic exchange amongst peers in a lab-type setting. Sessions are facilitated by movement-based artists who will share their individual creative practices and process.

Movement Research
537 Broadway, 4th Floor
New York, NY, 10012
$5
http://movementresearch.org/classesworkshops/sundayprocesslabs.php

Schedule
November 15, 2015: 3:00pm