

October 4 - November 8, 2021

## My Body, My Country: Composition in 2D and 3D

Company: Anabella Lenzu

Venue: ONLINE

Location: New York, NY

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Todd Carroll

My Body, My Country: Composition in 2D and 3D

ONLINE Course at School of Visual Arts Continuing Education

OCT 4 - NOV 8, 2021, (6 sessions)

Mondays from 6-8pm NYC time

Faculty: Anabella Lenzu, Artistic director, choreographer, performer, Anabella Lenzu/DanceDrama

In a time where feeling disconnected from our bodies is the new normal, this course helps students explore their own body and presence by conjuring body images and physical gestures. We will explore issues of identity, social relationships, and agency, through study and the shared creative process. Students will become familiar with key ideas in performance, as well as important artists like Trisha Brown, Anna Halprin, Carolee Schneemann, the Gutai Group, Ana Mendieta, and Tony Orrico. Inspired by these figures, we will engage in a set of vigorous and liberating creative exercises using the Body Mapping technique, where texts, drawings, and movement will be employed to share the stories of our bodies and experience. Participants will create 2D (drawing, photography, video, collage, and mixed media), and later 3D compositions (site-specific, installations, dance, theater and performance art), to expand their artistic vocabulary. This course is ideal for visual artists looking to expand their work in performance, as well as anyone looking to get back in touch with their body and art. No background in performance is required.

NOTE: All students with an active registration in this online course will be given free access to the Adobe Creative Cloud. This course is fully online and offered through a combination of regularly scheduled sessions during the listed course hours, as well as asynchronous material that may include prerecorded lectures and media, and interactive discussions.

Credits: 1.5 CEUs

Anabella Lenzu

New York, NY, 10003

<https://sva.edu/academics/continuing-education/art-activism/courses/my-body-my-country-composition-in-2d-and-3d-21-cf-vsc-2253-ol>

### Schedule

October 4, 2021: 6:00pm

October 11, 2021: 6:00pm

October 18, 2021: 6:00pm

October 25, 2021: 6:00pm

November 1, 2021: 6:00pm

November 8, 2021: 6:00pm

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