

# **RECOSMIZATION LAB**

## ***Report of the body-based practice***

**by Alice Pontiggia**

*Introductory speech to the Recosmization Workshop 2*

“I propose this workshop after a year of work on prehistoric communities in lower  
Valtellina, on sounds and rhythms, on myself and the society in which we live.

Vallate is one of the places I have worked with.

The idea of the workshop is to promote individual recosmization through an awareness of  
the self and of the self as part of the cosmos.

The dynamics that we will do therefore aim to get in touch with the here and now through  
the body.

In this way we become aware of belonging to this whole that is the cosmos, made not only by  
the constellations and planets, but also by all the elements that surround us:

the air, the rocks, the plants, the rivers, the animals, the other humans.

We are made of the same material.

We therefore start with a meditation, which through our senses brings us back to the  
present.

We then move on to a series of movements which, accompanied by some images, activate our  
bodies.

These then turn into rhythm and dance.

With my drum I guide you in this circle.

I invite you to get some tools and build this dance with me.

Turning around, I will suggest some movements.

Feel free to use your voice or hands as tools as well.

Throughout the dynamic, remember that it is impossible to go wrong, because the goal is to  
listen and release what we feel.

So try to adapt all movements to your body, and feel comfortable.

Let's start.

Blingggggggg ... the sun ... enraizamiento

Let's put our hands on the earth ...”

The “Recosmization Lab” is born with the aim of enacting<sup>26</sup> recosmization.

The “Recosmization Lab” is intended as a tool to disrupt the modern dressage herency, described by Lefebvre<sup>27</sup> as the ritualized repetition of some movements or gestures to impose socially recognized mental, emotional and physical automatisms to the individual.

The “Recosmization Lab” is therefore a collective practice promoting the awareness of the self, and especially the physical part of it, the body, and of the self as part of the cosmos. It fosters the connection between the individual physiological body and the spatio-temporal geography in which it takes place. Hopefully, this will allow to create new ecological-technical-symbolic meanings with the peculiar engaged environment, to rewrite a cosmological relationship with it.

The “Recosmization Lab” is a shared dynamic stemming from meditation and musical and psychophysical practices in which participants collectively build rhythmic patterns with their bodies and primordial instruments. Each laboratory works around a different topic, body part or intuition, and responds to this with a different dynamic.

The “Recosmization Lab” is a practice that stemmed from my personal experience related to the involvement in the projects: Scuola di Musica Roberto Goitre at Colico, Theatre Research Workshop at Mexico City, Yoga with Emelie Markgren at Kungl. Konsthögskolan, Sabiduría Matriz at Vivencia Ecosomatica School, Unambitious Stripper Workshop with Isabel Lewis at Collective Practices postmaster at Kungl. Konsthögskolan, among others.

---

<sup>26</sup> “The enactive approach consists of two points: (1) perception consists in perceptually guided action and (2) cognitive structures emerge from the recurrent sensorimotor patterns that enable action to be perceptually guided.” (Francisco Varela, Evan Thompson, and Eleanor Rosch, *The Embodied Mind* (MIT Press, 1991), 173). They proposed this term to "emphasize the growing conviction that cognition is not the representation of a pre-given world by a pre-given mind but is rather the enactment of a world and a mind on the basis of a history of the variety of actions that a being in the world performs" (ibid., 9). The experience of the world is therefore a result of mutual interaction between the flesh sensorium of the organism and its environment.

<sup>27</sup> Henri Lefebvre, *Rhythmanalysis. Space, Time and Everyday Life* (Continuum 2004), originally published by Éditions Syllepse, Paris, 1992

**RECOSMIZATION LAB 1**

VENICE, 21st MAY 2021





**RECOISMIZATION LAB 2**

VALLATE, 12th JUNE 2021





### **RECOSMIZATION LAB 3**

*KUNGL. KONSTHÖGSKOLAN, 6th OCTOBER 2021*





**RECOISMIZATION LAB 4**

*BERLINATELJÉ, 28th FEBRUARY 2022*



