



Prof. Petra Kupperts: Eco Soma: A Participatory Somatic Experiment for Disabled and Non-Disabled Movers



Professor Petra Kupperts is a disability culture activist, a community performance artist, and Professor of English and Women's & Gender Studies at the University of Michigan. Among other professional roles, she is also the Artistic Director of *The Olimpias Performance Research Project*, as well as the co-creator of a community performance environment in Ypsilanti, Michigan, the *Turtle Disco*. Explore eco-somatic movement and disability culture with her, tuning in to somatic sensitivities and creative energies, moving with sound and breath.

TOP EMBODIMENT TIP: When we live in painful bodies we may feel alone. There is great use in connection - with ourselves, our bodies, with our histories and lineages (familial and chosen)-, and art practice is a wonderful way of connecting.

History and Lineages: Eco-soma

- Acknowledging ancient lineages, cultures, and traditions upon which today's embodied movement culture rests.
- Grounding ourselves and acknowledging who we are, including personal ancestral and chosen cultural lineages.
- **Eco-soma** is defined as artful attention to being in the human and non-human world, combined with being with others, and also acknowledging pain and injustices from history and the current context.
- **Her influences** include Candoco Dance Co, *Outside In* 1995; Gerda Koenig, *Din A 13, Colors of Longing* 2000; Sue Austin, *Underwater Wheelchair* 2013; Calida Garcia Rawles, artist, using water as a visual language.
- **Public image description:** The Olimpias, *Salamander*, 2013 depicts disabled people and their allies swimming together evoking concepts. What do you see? Freedom? Pain? On the edge of life and death? Liminal states?

Experiential Section: Amoeba Dances- tunneling (Turtle Disco)

- Lineage - Emilie Conrad Da'oud, Continuum movement; Pauline Oliveros, Deep Listening; Martin Ramirz, artist - crip adaptability and expressiveness.
- **Dance the lines of the hands**, working with the inner and outer borderline, the skin, and tracking with body parts.
- **Humming**, direct the sound into the body and follow the echoes traveling through the somatic tunnels.
- **Deep listening with dropped Os**, go to places in the body that holds your attention, write or draw phrases/images that come up for you after the exploration.
- Use the movement that is appropriate to your body's needs even if there are pain or mobility restrictions.

Resources

- ❖ **Email:** petra@umich.edu (Prof. Kupperts will email the Powerpoint upon request)
- ❖ **Classes/Events:** [Turtle Disco](#) ; [Petra Kupperts – Speculative Queer Crip Fiction: Here Be Dragons](#)
- ❖ **Website:** [The Olimpias](#) ; [Olimpias Summer Project 2013: Salamander](#)
- ❖ **References:** <https://candoco.co.uk/>; <https://www.din-a13.de/en/>; <https://youtu.be/6IIBTTXEt7M>; [Sins Invalid: We love like barnacles, 2020](#)



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