



Prof. Karen Barbour: Local Acts, Global Perspectives: From Embodiment to Activism



Prof. Karen Barbour is a feminist researcher, choreographer, environmentalist and somatic movement educator. She is an Associate Professor in the School of Arts at the University of Waikato in New Zealand. Explore how the activist processes are somatic processes. Learn about the role of embodied ways of knowing in activism and hear about the perspectives that ecological feminist research puts forward in a changing climate.

**TOP EMBODIMENT TIP:** Bring awareness into a movement practice. Moving from awareness to acting is crucial.

Knowing as an Embodied Experience:

- **There are many ways of knowing outside the Western and European philosophies.**
- To begin to experience embodied ways of knowing asks us to think holistically in recognition of our differences in terms of race, gender, sexuality, ability, history, experience, and environment.
- We must value our own experiential ways of knowing as it is through our actions in the world that we come to know it and physical movement is fundamental to that.

Ways to Develop your Embodied Ways of Knowing:

- *"I think therefore I am"* (Rene Descartes) notes a European worldview and philosophy of mind-body dualism.
- **Aim to avoid the dualistic assumption of mind-body.**

Activist Processes:

- **Processes feminists use:** raising consciousness/awareness, witnessing stories, sharing stories, understanding personal as political, walking the talk.
- **Processes environmentalists use:** awareness and witnessing, documenting change, understanding being in the more-than-human world, bodies on the line.
- Embodiment facilitates alignment between awareness, intention, and action.
- Moving from awareness to action is most crucial at this point in history.

Ecology:

- A genuinely ecological approach means to **become ever more aware of other beings.**
- Ecological Feminism always has a link to action, the insistence that we push for progressive environmental change.

Resources

- ❖ **Books:** [Dancing across the Page: Narrative and Embodied Ways of Knowing](#), [\(Re\)Positioning Site Dance Local Acts](#), [Global Perspectives](#)
- ❖ **Website:** [orcid.org](https://orcid.org)



## Karen Barbour





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