



Darci Anderson: Movement And The Anthropocene



Darci Anderson is a movement teacher with a Master's Degree in Social and Political Thought. Join her to explore the body as a sight of revolt and imagine realities that question the grand narrative of Human Exceptionalism.

TOP EMBODIMENT TIP:

Practice stillness.

What Is The Anthropocene: The Anthropocene Signals A New Geologic Epoch

- This isn't a future-oriented imagining, it's what we're living in now. Characterized by mass-extinction, desertification, loss of inhabitable land, changes in the chemical composition of the ocean, etc... All attributable to humans.

A Reified Practice: Fitness Today Is Often Practiced In A Bracketed-Off Way

- There's the idea that one has an hour of practice each day and what one does with the rest of their time regarding food, ethics, or environmental practices, is irrelevant. This treats the body as an ahistorical, reified being.

How To Move: We Can Ask For And Imagine A Movement Practice That Is Historically Situated

- Asking questions of where our food comes from, whose laboring bodies produce the comforts of our lives, reimagining ourselves in the co-mingling of species, these all create 'bodies in revolt' and equip us to ask, "*What are our health goals amongst a seriously degraded planet?*"

Modern Movement: The Focus Of Modern Fitness Reproduces The Values Of The Anthropocene

- Movement that focuses on mastery, control, and the process of superimposing an ideal version of the body, onto the body, reproduces the values of capitalism, escapism, and commodification inherent in the Anthropocene.

Make Broth: Broth Is A Metaphor For Settling Into Your Parts And Practices

- It is equal parts sinew and bone, the mingling of cartilage, and marrow.
- It's the story of forgotten wisdom. The art of making-do. It gives acknowledgment to interspecies relationships.

Resources

- ❖ **Books:** *Donna J. Haraway's Works*
- ❖ **Website:** www.fluxmovementpractice.com



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Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.

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