



Panel: Queerbodiment: with Per Erez, Sam Tait, Julie Esse and Sandra Gogić



Join host [Kim](#) and panelists [Per Erez](#), [Sam Taitel](#), [Julie Esse](#) and [Sandra Gogić](#) in an open discussion on what it means to be queer and embodied.

TOP EMBODIMENT TIPS:

Julie: Remember to embrace yourself. **Sandra:** Be accepting and loving of yourself. **Sam:** Be familiar with the boundaries you set, how that affects you, and how it affects others. **Per:** De-centre the default and explore the disgust. **Kim:** Remember what is important for you, in head and heart.

Defining Queer: "Queer as the loosest of labels"/ "an abyss you can swim in"

- Each of the panelists expressed their deliberate choice of queer as a label that brought the most freedom and self-acceptance, that offered the most space in which to fully explore self-expression.
- Collectively they defined "queer" as open, fluid, expansive, intersectional, inherently deconstructive, and as a label without limitations; the definition of which is constantly evolving; as a label that allows for dialogue between internal representations of masculine and feminine; as performative; as more than a definition of gender or sexual orientation; as a sensibility rather than a sexuality; as a way of being; as a way of understanding politics, art and culture; queer as a community, as a place of refuge, and as a place to call home.

Embodying Queerness and Resilience: The expression of being queer is contextual and cultural.

- In cultures/contexts where being queer has negative connotations, embodying queer requires a reclaiming of the word. It requires education, an addressing of and an active exploration of the inflicted trauma of 'being queer.'
- To be queer is to recognise the underlying humanity in all forms of expression, and to give space for all of who you are, no matter how that shows up.
- Queer can be embodied:
 - As an armour for self-protection
 - As performance, a place in which to experiment and embody different external expressions of gender
 - As a way of being visible, of standing taller and of taking up space.

How Do You Stay Queer, and Stay Resilient?

- Consider community as a resource (both as a place of acceptance and a place that offers reflection for how you choose to self-express). Panel members highlighted the importance of creating queer-identified communities of safety in which otherness is expressly welcomed and can be safely explored in a multitude of modalities.
- Tools for staying queer:
 - Writing letters to my body
 - Dance, contact improv, playback theatre
 - Practicing embodiment in queer-identified spaces



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