EMBODIED SCIENTIST PARKOUR

A TRAINING FOR INTERSPECIES COMMUNICATION AND DEEPENED RELATIONSHIPS WITH THE IN-BETWEEN LANDSCAPES OF THE SCHUYLKILL RIVER

TRAINING COMMITMENT: 1hrs 30 minutes – 2hrs

RECOMMENDED GROUP SIZE: Minimum 2 to 3 people

GUIDELINES

- As you move through the Parkour, read each score aloud together, then do the score together in silence!
- The scores require presence and focus - Provide support for each other.
- Be open to receiving data through your senses, intuition and instinct. Be open to the unexpected!
- Respect the environment you enter.
- Don't do anything that feels dangerous to you. Adapt scores to your comfort level.
- Leave a lot of room for silence, slowness and taking time.
- Share data after completing the Parkour. Data may even arise a few days later.

ACKNOWLEDGEMENTS

Embodied Scientist Parkour is a project of the Environmental Performance Agency (EPA), an artist collective using social, embodied practices to advocate for the agency of all living performers co-creating our environment, specifically through the lens of spontaneous urban plants, native or migrant. EPA agents include andrea haenggi, Christopher Kennedy, Ellie Irons, and Catherine Grau.

Developed for the Ecotopian Toolkit initiative organized by the the Penn Program in Environmental Humanities (PPEH). Special thanks to Aislinn Pentecost-Farren and Thomas Choinacky.

WWW.ENVIRONMENTALPERFORMANCEAGENCY.COM

EPA

Penn Program in Environmental Humanities

