

HERE YOU ARE:

HOW TO EXPERIENCE YOUR BODY IN SPACE

## HOW TO USE THIS MANUAL

How do your surroundings affect your feelings, actions, relationships? Does a high ceiling expand your imagination? Does the smell of your bedroom give you comfort? What are the forces that impact how you move through a crowded train platform, a forest, a school hallway?

Space has such a strong impact on the ways our bodies move, the ways we interact with one another, what we see, and what we don't see. Its design is rarely arbitrary, and yet its power over us so often remains invisible. This manual is your tool for making the invisible visible. Use it to navigate your way through any space with a heightened awareness of the limitations and possibilities it provides you. In raising your awareness, you will increase your agency, and in so doing, grow your power.

Each page contains a spectrum, and a way to describe any space that you find yourself in. Locate yourself along the spectrum, and perform the suggested task. Go through any number of tasks, feel free to add your own, and there's room in the back of the manual for you to draw your own spectrum and create your own prompts for movement and awareness.

Here you are. And off you go.

Written and Designed by *Bodies Intersect Buildings*  
Ino Badanjak, Carmen Bouyer, Chia-Yi Huang,  
Jenna London, Eugenia Manwelyan, Danica Selem

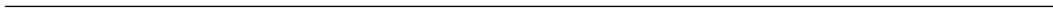
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School of Apocalypse  
[www.schoolofapocalypse.org](http://www.schoolofapocalypse.org)

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PUBLIC



PRIVATE

ALONE



CROWDED

SMALL



LARGE

COLD



HOT

OUTDOOR



INDOOR

QUIET



LOUD

PUBLIC

PRIVATE

What is the purpose of this space? How is it supposed to direct your body?  
Perform an action that is completely normal in this space.  
Now perform another one. And another one.  
Find one that feels good and repeat it. Now transform the action by:

Slowing it down

Speeding it up

Exaggerating it

Changing it just past the point of recognition

For advanced practitioners, reverse the spectrum and perform the “private” prompts in Public space.

ALONE

CROWDED

Close your eyes and feel the size and purpose of the space. Where do you sense movement? Where do you sense stillness? Open your eyes.

Make large circles with your entire body and all your body parts - your wrists, arms, hips, neck, tongue... Take up as much space as you can while remaining in one place.

Make circles with various body parts - your wrists, fingers, lips, nose, ankles. Keep going, and begin making slow circles with your neck, to see as much of the space as you can.

Draw a circle with your finger on the palm of your hand. Continue that motion and move your head at the same pace as your finger.

Find the empty spaces and move your body through them.

SMALL

LARGE

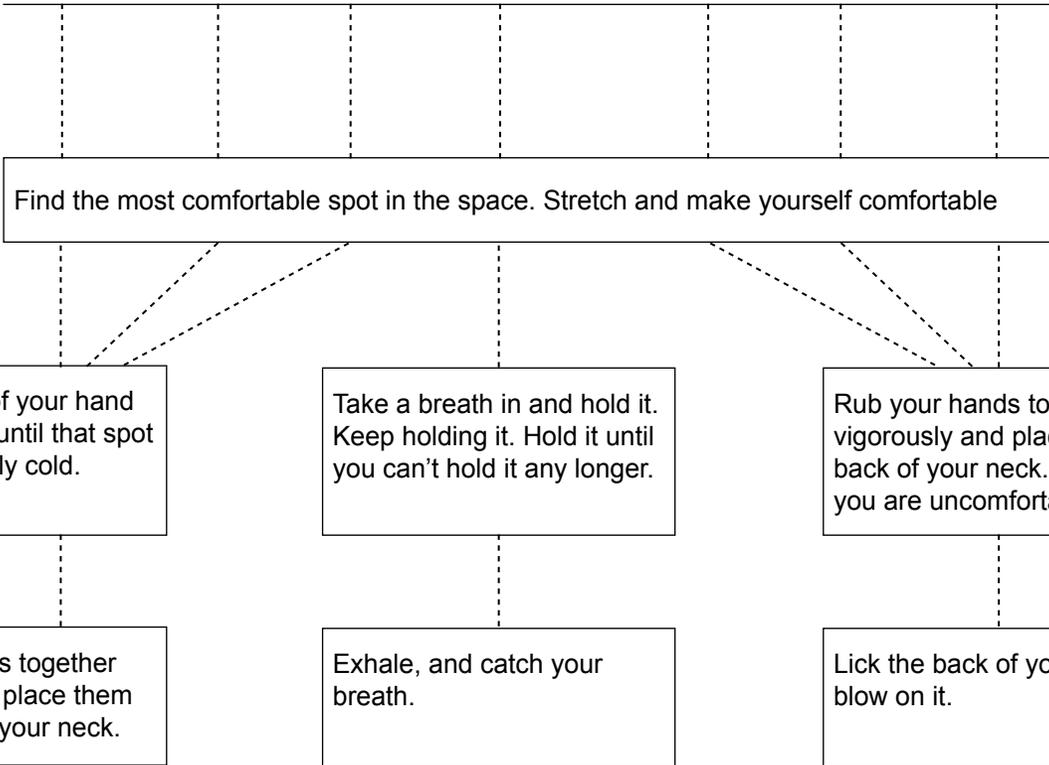
Move from one side of the space to the other as slowly as possible.

Move from one side of the space to the other, alternating your pace between very fast and very slow.

Move from one side of the space to the other as quickly as possible.

COLD

HOT



OUTDOOR

INDOOR

Touch the space, let the space touch you.

Touch all the surfaces and materials you can reach with different parts of your body.

Run your finger along all the different surfaces you can reach.

QUIET

LOUD

Listen to the beginning, middle, and end of the next sound you hear.  
Keep listening and...

Cup your ears. Let them go.

Shut one ear and listen with  
the other. Now switch ears.

Cover your ears. Uncover  
them.

Repeat this fives times.

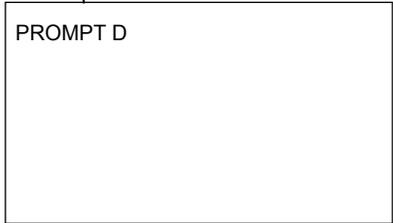
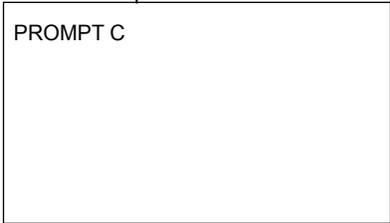
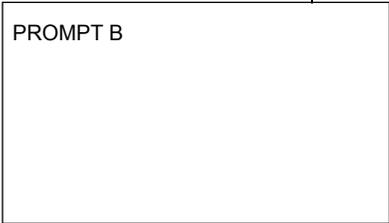
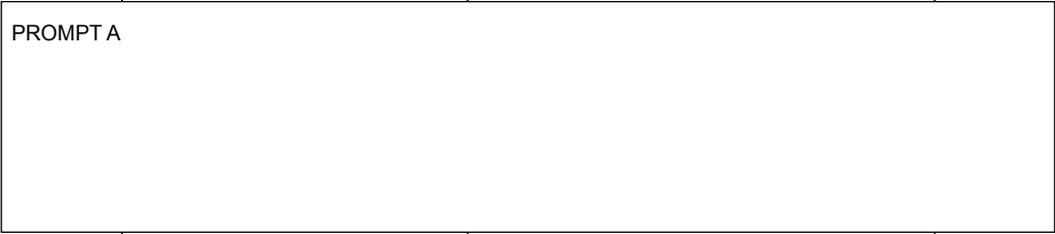


PROMPT A

PROMPT C

PROMPT B

PROMPT D



## ABOUT + BACKGROUND

*Here You Are* was choreographed and designed by the Bodies Intersect Buildings working group, initiated within School of Apocalypse. Bodies Intersect Buildings working group explores the ways in which spaces and environments shape our physical-social-emotional bodies and behaviors. We seek ways to reclaim our right to move, feel, and interact freely in the spaces we inhabit.

School of Apocalypse is a vessel for learning that examines connections between creative practice and notions of survival. In light of growing cultural, ecological and technological phenomena that challenge basic assumptions about human existence, School of Apocalypse offers courses and programming that seek to develop new modes of inquiry and apply broader levels of experience to intellectual investigation.

School of Apocalypse has no fixed definition of apocalypse or survival, but engages with the fundamental questions that the themes provoke. We understand the creative potential of a school to be a space in which shared experience generates deeper insights and can lead to alternative cultural systems.

The school invites a range of thinkers, artists and scientists to present programming on related themes. Subjects of study are theoretical as well as hands on, and emphasize the integration of observational and material practices found in mystical traditions, creative modalities and scientific field work.

We hope that people experience the School of Apocalypse as more than a program of study, but as a school of thought that exists already, albeit in disparate form, throughout culture at large.

Learn more at [www.schoolofapocalypse.org](http://www.schoolofapocalypse.org)

## TIPS

If you get shy, close your eyes.

If you encounter police or security guards who give you a hard time, be nice, stay calm, and tell them that this is part of an art project.

Remember that you are free.

If you find pleasure, joy, fascination in these exercises, perform a long-form experiment and see how far this manual can take you.

If you get bored, push yourself further toward the edge of your comfort zone.

If you get nervous, invite your friends to do this with you.

If you experience a moment of impact, understanding, or revelation, let us know about it!

schoolofapocalypse@gmail.com

MANUAL OWNED BY: \_\_\_\_\_