

# **Anatomy**

of the ONE DOUBLE BODY

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## **The Heart**

art as an experience  
experience as an art tool  
experience  $\Rightarrow$  art  
experience  
art  
Art

## **The Bones**

Premises:

- 1 Everything that happens to the body can be a dance artifact
- 2 We have many different bodies
- 3 Everything that a Dancer does consciously can be a Dance

## **The Muscles**

Body as a *tabula rasa*

an ultimate openness for the obscurities and depths of the research process

Body as a receptor

a sensual machine which can feel/think and re-produce feelings/ideas

Body as a container

where emotions, histories, happenings, stories, clutters, shocks, joys, miracles...  
are stored and they can be used for dance making

Body as a *habitus*

Body as a sacrifice

## **The Tendons**

Techniques of exhauster

Techniques of distraction

*Paradoxical-tasks*

*Double body*

*Enlarged body*

*Forgotten body-parts*

*Causal Machine*

Duration as a strategy

### **The Rectum**

Modelling  
Cleaning  
Pregnancy  
Delivering  
Bleeding

### **The Glands**

Breastfeeding  
Motherhood

### **The Vessels**

How to choreograph the specific state of mind?

How to dance concepts and statements?

How to choreograph anarchy?

What is the aesthetics of awareness?

How much physical one need to be(come) in order to become the body itself? Or – how to embody the body you have? Or – can body become isotropic for a moment in all its parts?

How to embody the image – how to pictorialize the movement?

How to non-stop de-construct yourself and how to non-stop construct yourself while performing?

### **The Lymph**

How to dance my political scars, my inside tattoos and my broken body?

How to dance subtle clashes between the inside and outside?

### **The Synapses**

Understanding that to gain substance is to accumulate the essence through the physical existence.

Understanding how to work on the integrity of the practice process and production.

Understanding of the relationship between concepts/ideas/abstraction and language and practice.