

nARTure

Itinerary Guide



Itinerary Guide





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methodology

This itinerary is first and foremost based on our relationship and dependence to the **natural environment**. Therefore it will largely involve the senses, the body, and our relationship to space and perception.

It will be based on creating a significant experience: connecting directly both with the natural environment - through an outing to explore the local scenery- and to our own **bodies** and *Primitive Expression*, through **dance and rythm**.

This will be followed by reflective observation and abstract conceptualisation of our cultural meanings and values that we discover related and relevant in terms of sustainability; using the **museum** space as a lens.

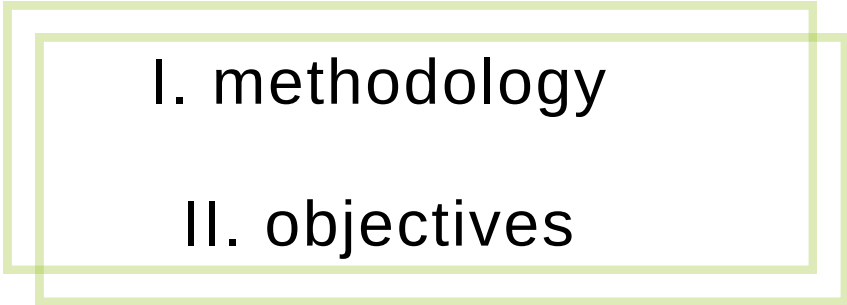
Finally, we will return to an active and creative experimentation using again the body, through the means of **social theatre**, in order to generate an *international sustainable heritage archive*.



Session 1.

outdoors

1. dance in nature



I. methodology

II. objectives

III. steps






I. methodology

In this part of the itinerary, the natural environment and the body will be the central elements. By focusing on them, we will explore kinetically, -through movement and our relationship to space- the evolution of the human species on planet Earth. We will investigate the importance of the human body in each evolutionary phase. How our body acts as a transmitter and receiver of stimuli, messages and sensations, how it exists in harmony or in disharmony with its environment, what is the imprint it leaves on it and how it interacts with it.

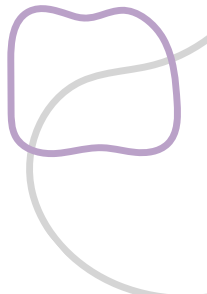
The art of dance will be used as a medium of communication between members of the group, and also as a way of connecting with nature.

The proposed workshop will combine the tools provided by the *Primitive Expression* approach (rhythm, movement, voice, repetition and contrasting pairs of movements) with those used in Greek traditional dances (structure of the circle, linear structures, paired dance) and will support the kinetic process.






II. objectives


- To raise awareness in the participants on environmental issues.
 - To generate reflection and knowledge around our relationship with nature.
 - To open a creative and safe space for artistic expression and communication, around the aforementioned themes.
- 

Ultimately, to inspire the realisation that we are part of a whole, that we are directly affected by the natural environment and that awareness of environmental issues is not only a matter of ideology or/and socio-politics but also raises questions about the quality of life we desire, the lives of our children and of our fellow human beings.





III. steps



QR code
To videos.

Session 2.



indoors



2. museum space

I. methodology

II. objectives

III. steps

I. methodology

In this part of the itinerary, we will be working with images, visual representation and our cultural meanings and values. We will explore the way we look and see the world through our cultural lenses, and in the process we will question our optics.

We will investigate the concept of the *Anthropological Archive*, searching for expressions of our identity that are related to **sustainability**.

Parting from a visit to an exhibition about a culture that is different from our own, we will explore how we give meaning to visual representation, the power of images, and the value of a museum space.

The proposed workshop will evolve around the exhibition: <<*Amazonia: Narratives from the territories*>>. After being first the visitors to another culture, we will cross the fourth wall and become cultural mediators. Through a series of gamified exercises we will explore our perception, conceptualisation and cultural values, in order to find the ingredients with which to build our own: **Sustainable Anthropological Archive**.



II. Objectives

- To raise awareness in the participants on environmental issues.
- To generate reflection and knowledge around indigenous cultures and their relationship with the natural environment, and our relationship to them.
- To learn about what constitutes cultural heritage and an anthropological archive.
- Raise awareness of the role of culture in our practices, coexistence and relationship with the environment.
- To assume an active role in the construction of sustainable cultural habits.

Ultimately, to develop a critical and constructive approach to build and promote sustainability, and to preserve and value those aspects of ourselves and our collective meanings that do so.



III. Steps

QR code
To videos.



Session 3.

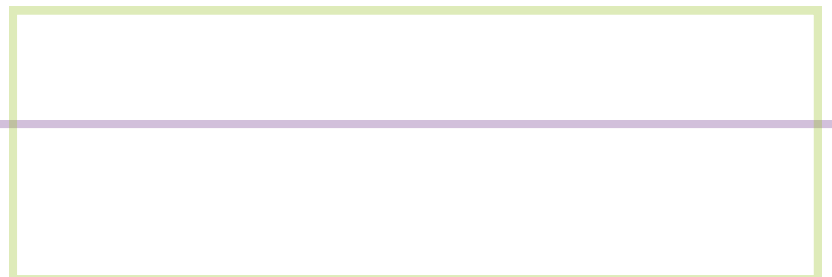
opendoors

3. Body and sustainable archive

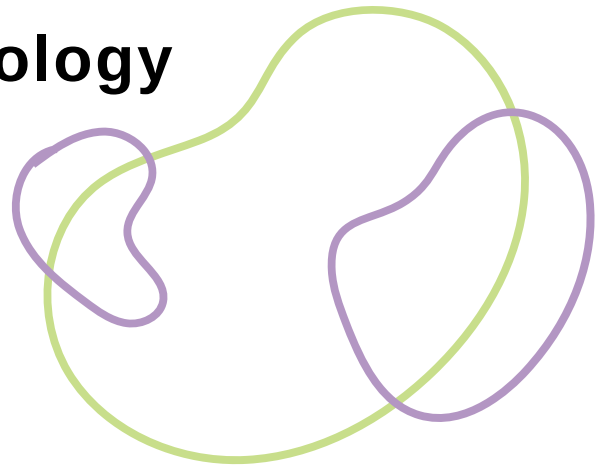
I. methodology

II. objectives

III. steps



I. methodology



In this part we will apply *Social Theatre* techniques based on Augusto Boal's *Theatre of the Oppressed* and complemented by artistic techniques such as *Lavan's 8 movements*.

We will start with abstraction exercises that will lead the participants to illustrate concepts with their own body, representing them in static figures made with gestures, materialising the meaning that each participant gives to them. These concepts will go from the most visual to the most abstract so that the judgement of what is done with the body disappears.

To this fixed body that defines a ritual concept of our culture, we can give cyclical movement, sound and even words. But we will always look for expressions that are not filtered by reasoning and in which the body speaks naturally.

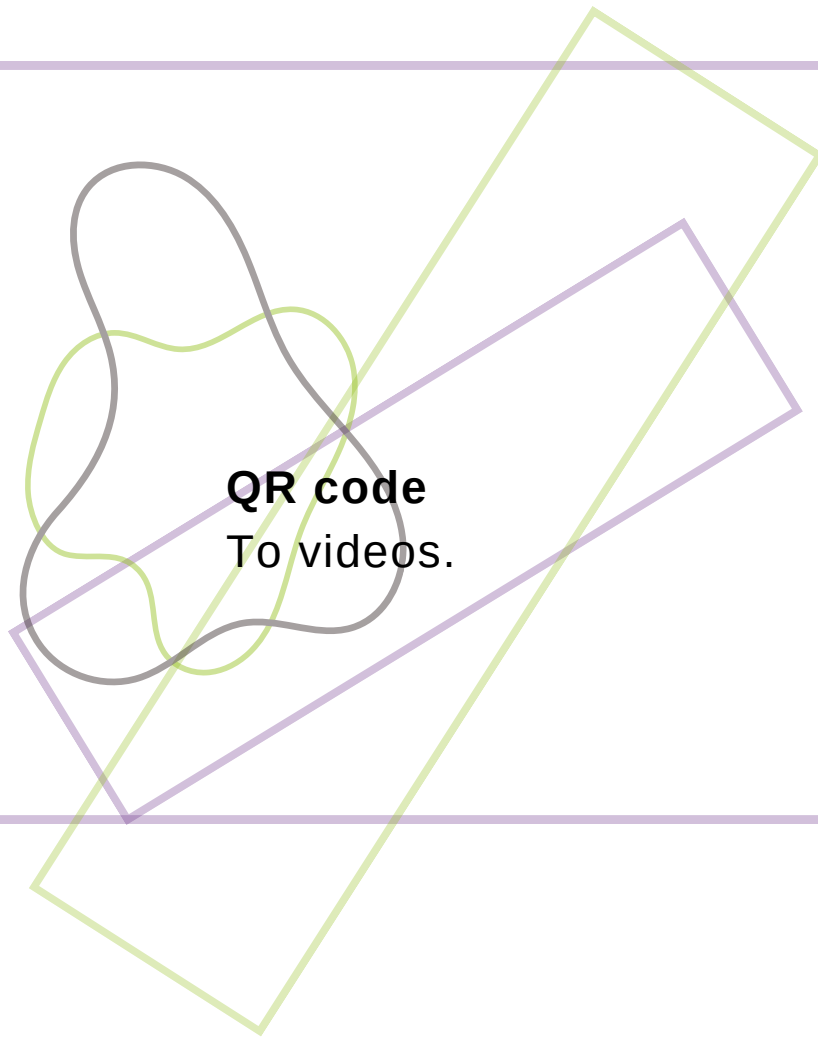
From this, we can generate links between some images and others to find the common ritual that appears with the union of bodies, movements and sounds of the whole group. Adapting to end up generating a common ritual body.

II. Objectives

- Raise participants' awareness of environmental issues.
- Become aware of the role of one's own body and develop skills of body expression and connection with the environment.
- To understand art as a natural form of expression.
- To deepen individual eco-social concepts.
- To generate a common eco-social awareness through the creation of a collective body ritual.

Ultimately we want to generate through the movement, the body, and our individual consciousness, the construction of collective rites, which **embody** our *sustainable archive*.

III. Steps



QR code
To videos.



Session 4, 5, 6...

more workshops

I. Nathan No Brega

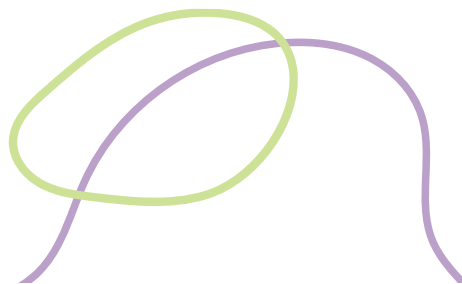
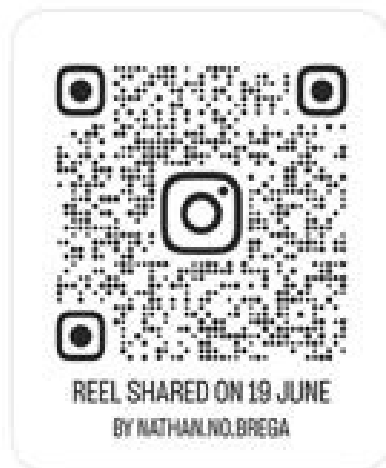
II. Herbario Comestible

III. Arte.M /THM



PART 1

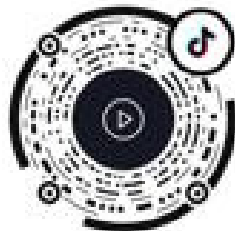
lets create with nature
ground yourself in a peaceful meditation
through art and nature





PART 2

collecting materials.
go out into nature.
a field, a beach, a woodland.
somewhere that is untouched by human influence.
pick up items that have fallen to the ground

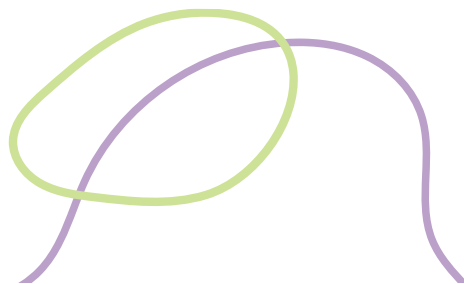


#madeiraIsland #treasureHunting #b...

TikTok video from Nathan William State

Scan TikTok QR to watch this video

 **TikTok**





PART3

creativity

using the objects we found

feel them, the textures. the shapes. the softnes or sharpness.

see the shadows they create.

using our mind try to create a sculpture or a piece of jewelerry

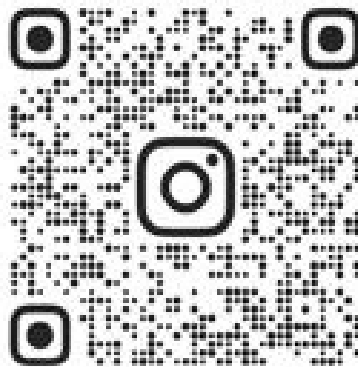
using string and wire and nails

let the objects guide you.

let the objects inform you of what they want to become.

there is no right or wrong in this process.

it is all about connecting our senses with nature.



REEL SHARED ON 8 MAY

BY NATHAN.NO.BREGA

