

## **Body maintenance vol 2**

*by Lara Vejrup Ostan  
in collaboration with  
VA11a creative work space*

Body maintenance vol 2 is the second part of a series of works titled body maintenance, which address our relationship with touch in an era dominated by technology. It is a one-on-one performance session inspired by the Maintenance Art Manifesto by artist Mierle Laderman Ukeles. She wrote the manifesto as a proposal for an exhibition titled CARE, which emphasized maintenance; "personal" or household maintenance, "general" or public maintenance and earth maintenance as a creative strategy. By framing the work of the home, the mother as contemporary art, she elevated its visibility and legitimacy (the manifesto: <https://queensmuseum.org/wp-content/uploads/2016/04/Ukeles-Manifesto-for-Maintenance-Art-1969.pdf>)

Body maintenance vol 2 deals with acknowledging the continuous maintenance work and processes of the haptic body. Touch is the most sophisticated and intimate of the five senses and the first to develop in the fetus, but our understanding of it is continuously deprioritized in favor of other senses. Steep technological advancements give space for new worlds to emerge, but few actually carry the sensuous density that come with touch. I invite the audience to explore how they embody themselves in this given time in their life and question what touch means to them

Over the course of two weeks I will invite individual audiences (between 20 and 30) to experience their embodiment for 1 hour each. The performance-sessions will take place at VA11a creative work space and are created through an on-going dialogue between performer-facilitator and audience-participant. Prior to the two weeks I will develop session models specifically for Body maintenance vol 2. I will advertise the event through social media as well as posters around the neighborhood, to reach a diverse audience. VA11a creative work space will promote the event on their social media platforms as well.

I am currently being educated as a professional in the somatic method BMC (Body-Mind Centering), which stems from neurodevelopmental therapy. We work with how our sensuous perception and cognitive understanding of our bodies, reflect themselves anatomically and physiologically. In combination with my choreographic practice I want to offer a space to the participants where care and being together are central, both as a practice and question.

The ambition with Body maintenance is to experiment with formats of performance, and investigate the intimacy which occurs between what we perceive as sensuous reality (touch) and virtual worlds, both imaginary and digital. It is a part of a bigger research I am engaging through other projects such as THE SWIMMER, which premiered in Sydhavn Teater 2022 during CPH STAGE.