***performingbordersLIVE*:** **Our Bodies in the Commons**  – Pre show Information

This information is to help you decide if ***performingbordersLIVE*: Our Bodies in the Commons** is for you. Content notes, including what happens in the show, are further in the document.

**The Space**

The event is run in the Rec Room. The morning session will have the space stripped bare, with its red walls exposed, and no chairs/stage/table set up. Instead, a few gym matts and puffs as well as lamps will be placed around the room.

The afternoon session will be held in the same room, with chairs in rows, a projector and a few speakers/guests placed in front of the projector. who will run the session with us.

**The Performers**

Session 1: Camille Barton is a multidisciplinary artist who will lead you in a somatic, movement based workshop. Picture and more about Camille at [this link](https://www.camillebarton.co.uk).

Session 2: No performers. This session will be facilitated by Youngsook Choi (picture at [this link](https://tillwemeetagainirl.wordpress.com/youngsook-choi/)).

All day: The three performingborders curators, will be on site to support the activities and will be available for conversations or anything you might need.

**Sensory Environment**

There will be no sudden loud noises, no flashing lights and no haze.

Session 1: Ambient bass music that will help you to move around the room in the workshop. There will be no stage lighting. Instead there will be a blend between low lighting (of lamps, the occasional spotlight) and natural lighting.

Session 2: A mix between ambient music and short clips of performances, no loud music. A blend of spotlights and natural lighting. At the end of the session, lighting will be reduced for a screening of a performance to camera.

Session two will include use of perfume.

**Participation**

Session 1: Somatic dance workshop will include audience as participants. It will require you to wear loose clothing and probably be barefoot (not mandatory). It is a soft, caring movement based workshop, no need to have any skills or previous experience at all. You can see a short video of a previous one [here](https://performingborders.live/commissions/grief-portal-somatic-movement-film-by-camille-barton/).

Session 2: Set up is a participatory, activating conversation, where the host and the guests navigate us through a series of texts, pictures, videos and performances. Then we debate them. It is an open format, where everyone is welcome to contribute but you don’t have to if you do not wish to. At the end of the session, we will watch a short performance to camera together.

The afternoon session will also be live streamed on HowlRound Theatre Common website. You will be able to opt out of being filmed and the camera will be stationary towards the action in the room. If you participate, however, you will be filmed as this is a live streamed event with no interruptions.

**Content Notes**

Session 1: A movement workshop led by Camille Barton who will guide us to liberate our bodies in a smooth, cathartic way.

Session 2: A gathering where we experience texts, pictures, videos of artworks from performingborders’ contributors, and dissect them. It culminates with a screening of a performance to camera.

The whole day’s theme is about activating our bodies and minds, and find pathways to collective action of resistance.

**Access Information**

Access provided: Childcare, BSL interpretation (for both sessions), captions on the live stream, BAC’s chill out space.

Please let us know if you need childcare and the age of the child/children so we can plan the work of the childminder. Also, please let us know if you need any additional support or information.

How long is each session?

Session I: 1h30m hours

Lunch/relaxation in between time: 1hour

Session 2: 2h30m

Will there be any potential allergens such as peanuts or latex?

No peanuts, or any nuts, or latex. All ingredients will be explicitly written next to any food so that audiences can make their own decisions.

All sessions are Relaxed this means you can move or make noise if you need to and can go in and out of the performance space.

Latecomers will be permitted and people are welcome to leave and come back.

Ear defenders are available to borrow from the box office for anyone who might find these useful

There is an accessible toilet on every floor of the building

There is a chill out space outside the performance space that is available anytime the building is open. This is however available to any persons in the building at any given time, not just the audiences in our event.