

EMBODIED
SCIENTIST
PARKOUR

A TRAINING FOR INTERSPECIES COMMUNICATION AND DEEPENED RELATIONSHIPS WITH THE IN-BETWEEN LANDSCAPES OF THE SCHUYLKILL RIVER. USE THE ACCOMPANYING MOVEMENT SCORES TO ENTANGLE YOUR BODY WITH WILD URBAN PLANTS, VIBRATE WITH THE MULTISPECIES HIGHWAY, AND DEVELOP NEW FORMS OF INTIMACY WITH THE RIVER'S EDGE - ALL WITH THE AIM OF EXPANDING OUR NOTION OF HOW WE CAN COLLECT AND CO-GENERATE EMBODIED SCIENTIFIC DATA.

SHARE YOUR EMBODIED DATA: **#EMBODIEDSCIENTIST**





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TRAINING COMMITMENT: 1hrs 30 minutes – 2hrs

RECOMMENDED GROUP SIZE: Minimum 2 to 3 people

GUIDELINES

- As you move through the Parkour, read each score aloud together, then do the score together in silence!
- The scores require presence and focus - Provide support for each other.
- Be open to receiving data through your senses, intuition and instinct. Be open to the unexpected!
- Respect the environment you enter.
- Don't do anything that feels dangerous to you. Adapt scores to your comfort level.
- Leave a lot of room for silence, slowness and taking time.
- Share data after completing the Parkour. Data may even arise a few days later.

ACKNOWLEDGEMENTS

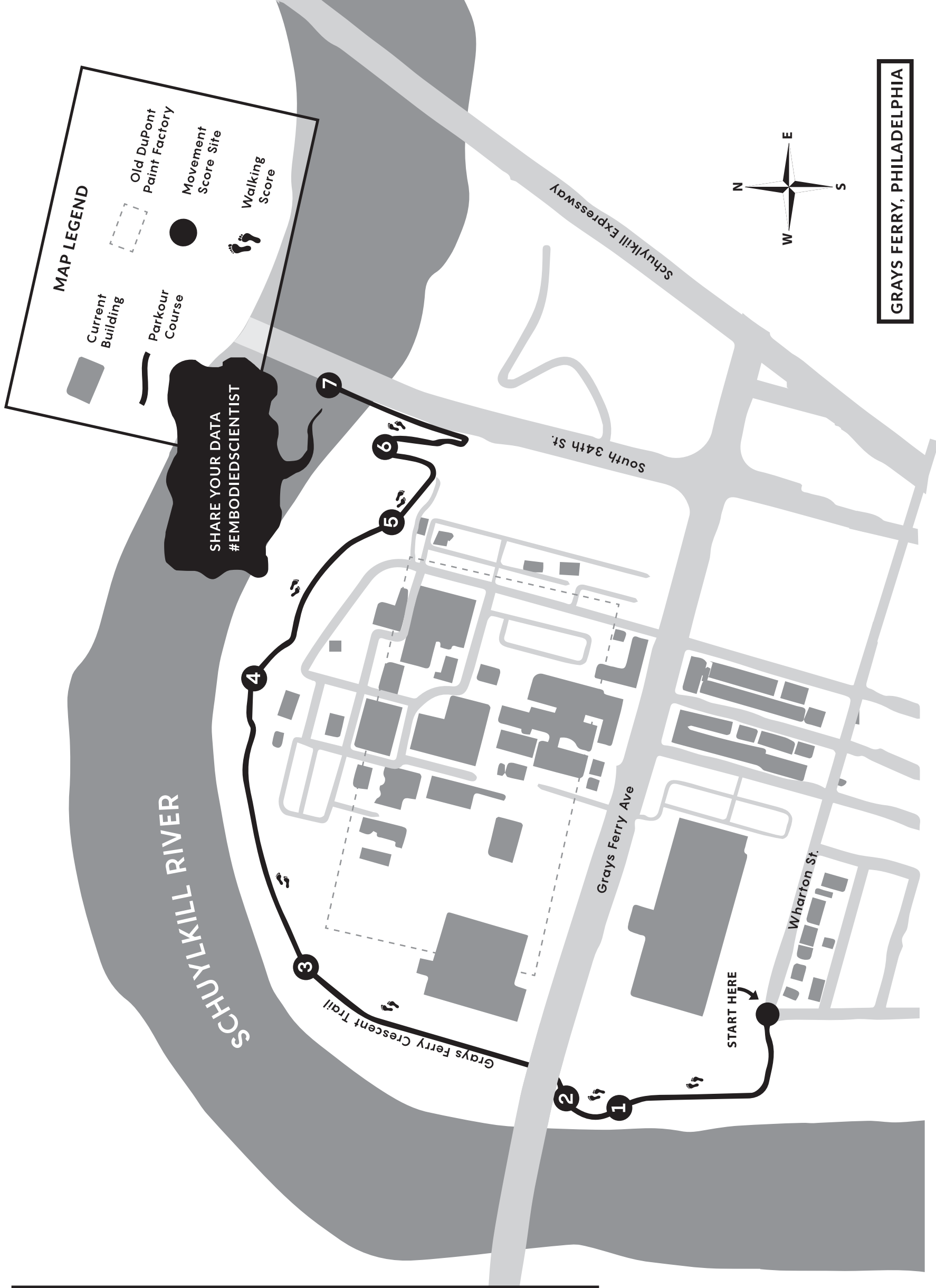
Embodied Scientist Parkour is a project of the Environmental Performance Agency (EPA), an artist collective using social, embodied practices to advocate for the agency of all living performers co-creating our environment, specifically through the lens of spontaneous urban plants, native or migrant. EPA agents include andrea haenggi, Christopher Kennedy, Ellie Irons, and Catherine Grau.

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