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## **The act of thinking. Reflection-through-action on the relation between body and mind**

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The act of thinking. Reflection-through-action on the relation between body and mind

Larissa Lily & Carsten Friberg

We wish to invite you to an experiment based on the combination of two disciplines: philosophy and dance.

This experiment is part of our ongoing investigation into the impact of the bodily education on how we perceive and interpret our relation to the world.

Our aim is to investigate the impact of our bodily education on how we perceive and interpret our relation to the world. The assumption is that our bodily training forms not only our physical presence but to a large degree also our modes of thinking. Like our language always interprets our view on things when we speak we wish to draw attention to how the body is also present in our interpretations by affecting and determining these. We cannot speak about anything without using a language already interpreting the matter for us and we cannot place ourselves in any relation to the world without a body already formed in relation to an interpretation of the world.

We believe there to be a dialectics between body and mind that requires a reflection made on the floor and wish to invite the participants into an *act of thinking*.

While we intent to reflect on the importance of the embodiment of cultural and social understanding and to make an investigation hereof through bodily practice we also suggest seeking new ways of reflecting by making a reflection-through-action thus breaking grounds of cross disciplinary collaboration.

Format of presentation: Workshop / Work-in-progress

Length: 40 + 20 min.

Facilities: A floor for exercises

Language: English

CV

Carsten Friberg, PhD (philosophy), assistant professor in Event Management, Aalborg University. Teacher of philosophy between 1995 and 2007 at the University of Copenhagen; 2007-11 assistant professor at Aarhus School of Architecture.

Larissa Lily has BA (Hons) Dance theatre degree from Laban Centre London, and Nordic Masters degree in dance studies from the Norwegian University of Science and Technology. She was the artistic leader at Lilith's Appetite between 2001 and 2011. Currently working as an independent researcher.