

2025 ATME (Association of Theater Movement Educators)

Colloquium: Movement as Medicine

Arizona State University, Tempe Arizona May 15 - 18

Digging Deep: The Body as Palimpsest by Eliza Ladd Schwarz

Digging Deep: The Body as Palimpsest

Eliza Ladd Schwarz, will lead an experiential workshop digging (both literally and metaphorically), as an embodied physical, spiritual, communal, and theatrical act offering opportunities for holistic healing. Participants and witnesses will collaboratively develop performance content (movement, sound, text, and song) that will unearth personal, collective, ancestral, and imagined artifacts, stories, materiality, and movement-based memory.

In this on the spot memorial, excavation and celebration of life and its comings and goings, participants will embody roles of *path-walker, mark maker, dirt-digger, stone carrier, voice voyager, circle mover, light shiner, witness writer* and *still runner*.

In this creative process, an archeological dig into the palimpsest of our bodies, we dig into the space, ourselves and the collective, through movement and sound with activity and intention. We turn the world, the dirt, the substance, and the self as we unearth into presence using discovered and repeated sound and movement. We locate ourselves in the moment between the past (*our historical storehouse*) and the future (*our imaginative desire*). In this moment we take the risky act of creative collaboration, making meaning right before our very eyes.

The workshop is rooted in the ideas / context of:

A. The body as **palimpsest** - a manuscript, a piece of writing, something bearing visible traces of its earlier form, where the traces of time and experience remain—

-palimpsestic - origin of ‘again’ (palin) and (psestos) ‘rubbed smooth’,
-again rubbed smooth, we practice

B. We **practice** ourselves ourselves into presence.

C. We **dig** - “break up and move earth with a tool or machine, or with hands, paws, snout”; We “excavate;” “unearth”; “search or rummage in a specified place;” “bring out or discover something after a search or investigation”; “appreciate, or understand”.

This workshop of “digging” can serve as ground and inspiration for discourse regarding global majority religions, spiritualities, and performance praxes for participants. We seek to offer spaces of spiritual connectivity and reflexivity to catalyze transformative changes that we – as artists, scholars, educators, and spiritual beings – hope to experience and to ripple change throughout our respective communities and fields.

As we encounter the presence of truth, we embody the truth of presence.