

Power Trip course: practical guide to becoming an idiot w/Kira Nova

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Valbar kurs på BFA nivå/Optional BFA-level course

Antal hp/Credits: 6

Lärare/Teacher: Kira Nova

Tid/Time: 9-22.11, time TBC

Undervisningsform/Form: Workshop

Språk/Language: Engelska/ English

Antal studenter/Number of students: unlimited

ONLINE

Course description

How do we deal with our creative work when the whole world around us is changing, collapsing, and reconfiguring? On the one hand, we need to find a place of stability, while on the other we need to know how to be flexible.

I think a lot of wisdom can be found in becoming an idiot. Here is the evolution of this definition based on my renderings of Hannah Arendt:

In Greek times the idiot was considered the one who lives in their own household and is concerned only with their own life and its necessities.

However, Romans were the first ones to claim the sanctity of private sphere: the notion that private rights and life itself is sacrosanct. In fact, owning the private sphere was the condition *Sine Qua Non* to participating in public life.

In this instance, the idiot is neither lost in public affairs, nor is locked in their privacy.

I personally find the position of an idiot something in between of a trickster and a shaman, a wise woman and a preacher; Someone who functions within and outside the borders of the society.

This is of course a philosophical position, while in our course we will be learning lots of physical techniques that will hopefully lay pathways to becoming an idiot — however humor, just like the vitamin C and D should be taken daily preferably before breakfast.

STRUCTURE OF THE COURSE

If the world around us is massively transforming, let's play the same game! The first 7 days of the course will follow 7 days of Creation from The Bible. There will be 7 video classes, each filmed in a 3D generated environment (renderings of surrealist Earth), with 3D soundscapes and specially composed music, followed by daily homework.

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The week after we will have one-on-one physical training sessions over video call. Where we will address your needs and questions. We will aim to create an individual toolkit to find your inner idiot and that place of stable flexibility.

1 day: Light

2 day: Atmosphere / Firmament

3 day: Dry Ground and Plants

4 day: Sun, Moon and Stars

5 day: Birds and Sea Animals

6 day: Land Animals and Humans

7 day: Rest day

Video classes are based on a number of physical techniques such as Japanese physical theater Butoh, Chi Gong, Tai Chi, various fitness and dance methodologies, theater and method acting techniques, and myofascial meridian work.

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Deltagare/Participants: