

## Extispicy in the Everyday:

### An Exploration of Human-Environment Binaries Through the Gut

#### **Aims and Outline of Workshop Schedule – 5 mins**

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##### **AIMS:**

- To explore the thresholds between our bodies, and in particular our guts, and the external, natural and built environments
- To problematise human-environment binaries and re-conceptualise these seemingly bounded entities
- To explore our immediate locale to notice and gather materials that resemble our guts, intestines and our hidden infrastructure
- To draw parallels between the hidden infrastructure, leftover materials, waste and discarded matter of our immediate locale and our insides
- To conceptually and visually re-connect the idea of the gastrointestinal tract being at the same time inside the body, and part of the external environment, outside the body border

#### **Part 1 – 15 mins**

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##### **Introduction to *extispicy* & the themes and aims of the workshop through my artwork and research**

- I will introduce the ancient practice of *extispicy*, divination using the entrails
- I will present this practice in relation to some of my artwork/projects and research and summarise the ideas and themes of the workshop

#### **Part 2 – 20 mins**

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##### **Gathering activity**

- We will go out and explore our immediate locale to perceive and gather materials that resemble guts, intestines and our bodily hidden infrastructure
- On our return, we will gather our gut-inspired dish or snack that we prepared earlier

#### **Part 3 – 20 mins**

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##### **Sharing and digesting collected materials/images & eating food together**

- We will discuss you gathered materials and your reflections and motivations for the choices made
- We will eat (and later digest!) together our gut-evocative foods and share our reasoning for our choices of food
- We will conclude with a discussion about our experiences in relation to the aims of the workshop