



OE23D18

# THE AMPHIBIOUS BEING



## INSTRUCTOR

### SONIA JOSE

Sonia's art practice relates to personal and social environments and histories. It stems from a need to acknowledge and preserve lived, intimate and overlooked experiences from everyday life. She works with varied media that includes drawing, painting, sculpture, photography, video and installation to investigate the relationships between places, architecture, objects and individuals.

## OVERVIEW

In swimming we are suspended. No more our land-based selves, subject to the imperative of gravity, we are amphibious. We are here one with water - that which most constitutes us, but which we learn to fear. Whether we are wrought with fear or most relaxed in immersion, the experience of swimming tells us something about ourselves and our boundaries. This elective, designed by art and education practitioners, who are national level swimmers and also experienced teachers of swimming, will put participants through an intensive embodied experience in water to enable the exploration of the physical and psychological self.

## KEY WORDS

Swimming, Embodied Practice, Water-con dence, Self-re exivity

## AVAILABILITY

10 Seats



## CO- INSTRUCTOR

### AKSHAY KHANNA

Akshay Khanna is a Social Anthropologist, theatre practitioner, lawyer and amateur chef. His book "Sexualness" (New Text, 2016) is an ethnography of the Queer movement in India and its entanglement with Law and Epidemiology. With over two decades of experience as practitioner in various domains, including teaching at universities across the UK and India, Akshay is currently the Co-Director of RAPT.