

Occupy Your Body Workshop



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The Biscuit Chronicles

by Amy Godfrey

University of Warwick
Friday, November 21, 2014

- The workshop was attended by 25 participants (42 registered) and the performance by 33 (53 registered).



- The group was composed of all female undergraduate & postgraduate students as well as members of the staff, both academic and administrative.



- The majority of the participants were from Sociology department, followed by Theatre Studies department. There were UG and PG students from Economics, Psychology, Comparative Literature, Film Studies and WBS.

- Maria do Mar Pereira kindly welcomed Amy Godfrey and her colleague Louisa Harvey, and introduced the event.



- The two hours long workshop tackled the following questions through group discussions, drawing exercises and critical evaluation of data:

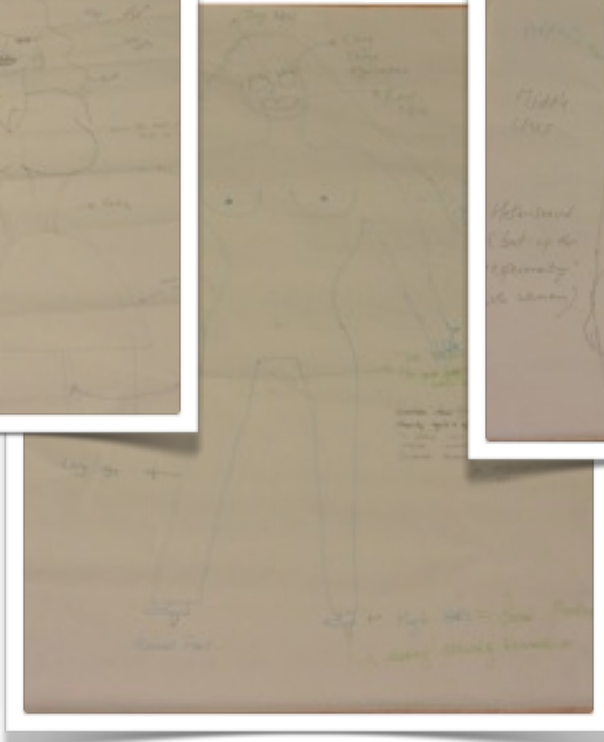
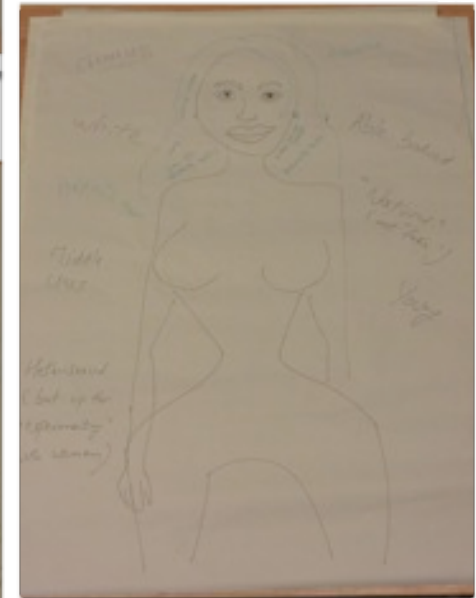
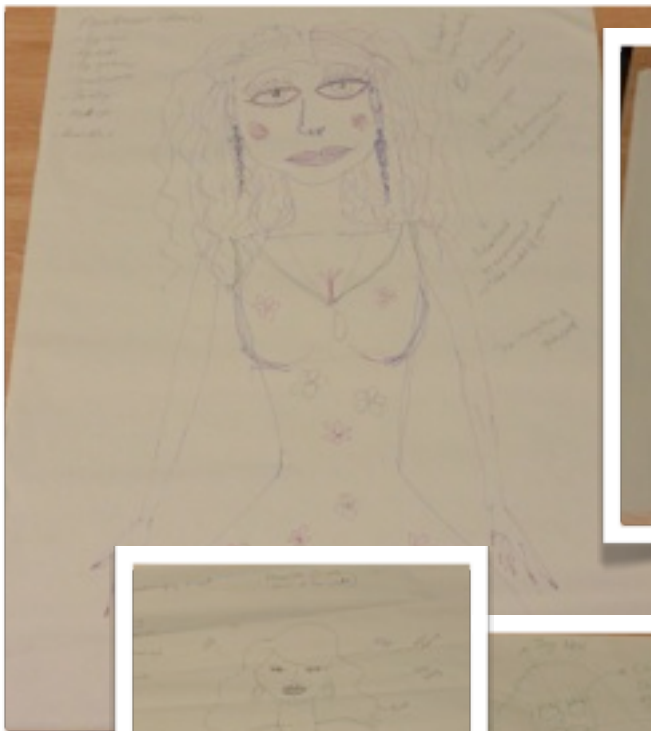


- Which values are popularized through the advertisements? What kind of bodily desires are suggested/promoted (i.e. health, sexuality, comfort, etc.)?





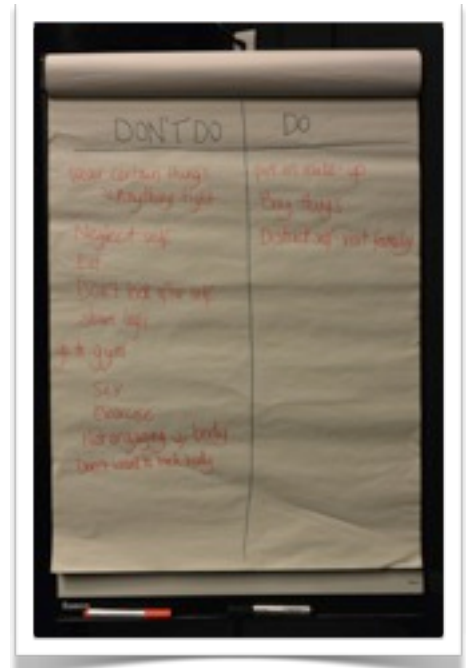
• What does the “ideal body” look like? (Annotated pictures of the ideal body as produced by the participants tackled the universalized physical stereotypes and induced further discussions about the idealized lifestyle “choices” and practices including sexuality, aesthetic operations, exercise, etc.)



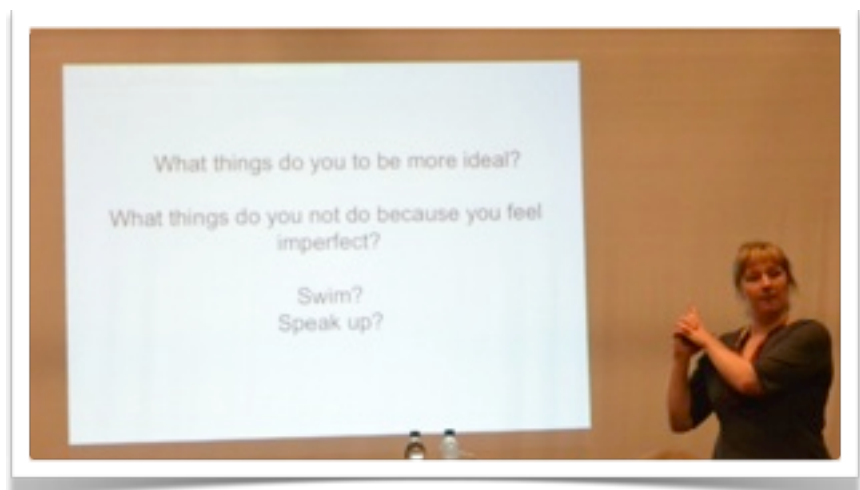


- How and why is this particular body-image sustained?
- What is the connection between the neoliberal capitalism, consumerism and a sense of our bodies?

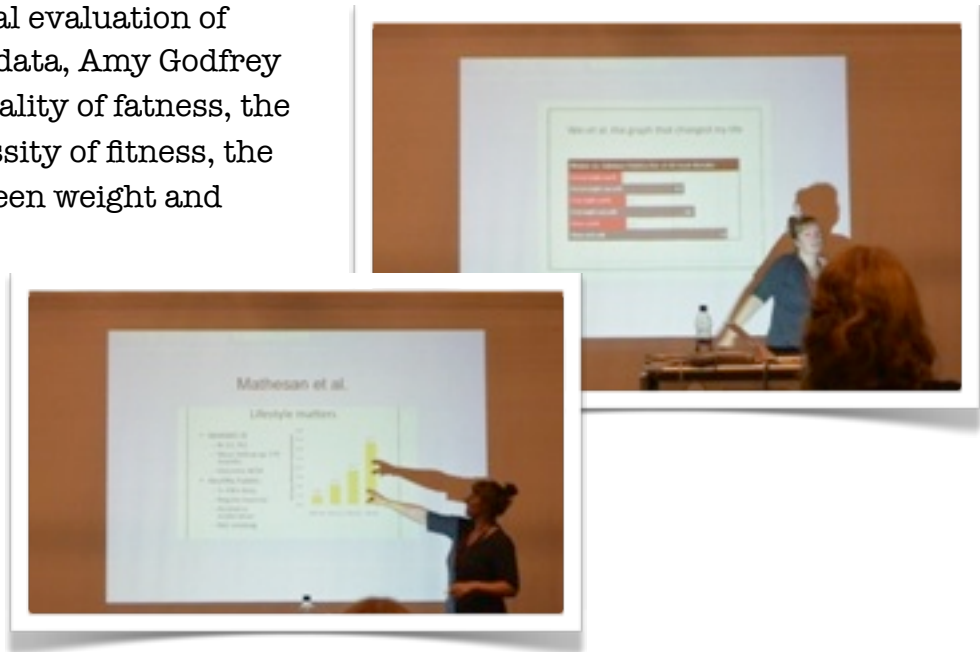
- What do we do and don't do when we feel we fail to fit the ideal body image?
- What is the impact of failing to fit the ideal body image on a personal level?



- What do we do to be/look/feel more ideal?



• Through a critical evaluation of various scientific data, Amy Godfrey questioned the fatality of fatness, the concept and necessity of fitness, the relationship between weight and health and the pharmaceutical “benefits” of pathologizing fat bodies.

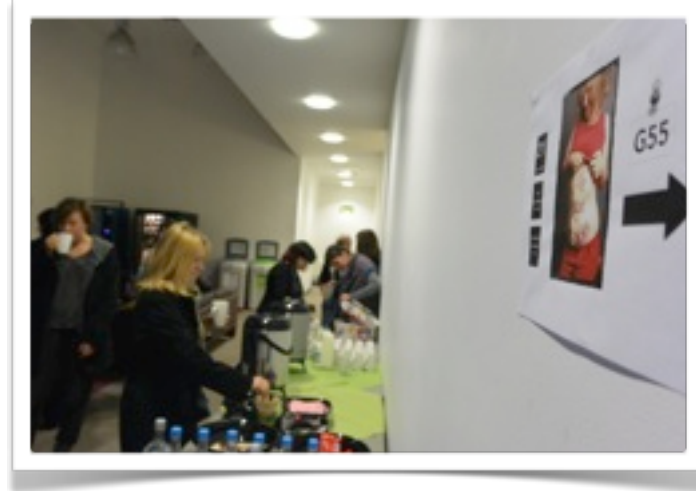


• The workshop concluded with a quick poem-writing exercise led by Louisa Harvey:

These hands have.... (write down five things your hands have done)

.....
.....
.....
.....
.....

These hands are mine/always with me



During the break, while the participants enjoyed a cup of tea and got a chance to socialize in the Milburn House foyer, the workshop studio was transformed into the performance space where the Biscuit Chronicles took us to a reflective journey on the experiences of a fat body for the following 55 minutes.



The Biscuit Chronicles



Amy stripped down...



...heeled up...



...played ukulele...



...and offered the audience biscuits with her chronicles.