

FEEL IT FESTIVAL

EXPLORING PAIN AND BREATH
THROUGH PERFORMANCE

17 - 20 NOVEMBER 2016
CIRCOMEDIA, PORTLAND SQUARE, BRISTOL

 @feelitfestival

 /feelitfestival

www.bristol.ac.uk/feel-it-festival

INTRODUCING...

FEEL IT FESTIVAL

Feel It festival presents four days of events dedicated to investigating some of the most fundamental of human experiences: pain – of body, mind and spirit – and breath.

Through a programme of talks, workshops, discussions and performances, Feel It will weave together research from across the University of Bristol with explorations by visual artists, aerial performers, dancers, theatre-makers and musicians.

The collaborations will inspire a new perspective on these often untold features of our human experience and allow public, patients, artists, and researchers alike to feed into our understanding of what it means to be in pain, or to question something so simple as breathing.

This diverse programme will be complemented by an interactive exhibition hosted within the venue.

BOX OFFICE

- VENUE:** Circomedia, Portland Square, St Paul's, BS2 8SJ
- PRICE:** Admission free (£3 suggested charitable donation for each event)
- TICKETS:** Online booking required for most events, for details and booking visit: www.bristol.ac.uk/feel-it-festival
- CATERING:** The venue has a licensed bar and street food will be available
- GET IN TOUCH:** feel-it-festival@bristol.ac.uk
- ACCESS:** The venue has ramped access and a wide aisled toilet at the front of the building. There is a hearing induction loop installed. If you require the hearing induction loop please email us at least one week in advance of the event to let us know.

“The Elizabeth Blackwell Institute endeavours to gain insights from the public and patients in all the work we do. This festival is a perfect example of how we can open the University to the city, building on Bristol’s cultural capital and enabling everyone to inform and enhance research questions, methods and outcomes.”

Jeremy Tavaré, Elizabeth Blackwell Institute Director

“Since we first discussed bringing pain and performance together Feel It festival has grown far beyond our initial expectations. Now, we present a programme that we believe is a testament to both the diverse health research the University of Bristol conducts and the wealth of artistic talent that Bristol has to offer. My hope is that everyone will take away from Feel It a new perspective on how we experience, investigate and improve health as researchers, as artists and as humans.”

Georgia Bladon, Festival Producer and Curator

“Circomedia is delighted to host Feel It and to have contributed to its planning and to the commissioning of new performance work. In its academic and community activities Circomedia prioritises crossover and collaboration, and is particularly excited by this project which brings those principles to the fore both in seeking to further explore the outcomes of the research, and in presenting those outcomes to a wider public.”

Nicolas Young, Circomedia Artistic and Managing Director

“This festival is a rare opportunity to connect art and science, academic research and artistic practice, to illuminate the experiences of pain and breathlessness. For me, the challenge of Feel It is to think how best to represent these experiences in order to make the invisible plight of those suffering from chronic breathlessness more visible and better understood.”

Havi Carel, Professor of Philosophy and Wellcome Trust Senior Investigator for Life of Breath

“Feel It has emerged out of a shared vision to present work by artists, researchers and patients, to open up conversations, allow cross-pollination and give voice to the unspoken. It is a dream come true to be part of a team that has grown and tended this garden. Welcome to one and all.”

Laura Dannequin, Artist and Festival Associate Curator

Feel It festival is brought to you by the University of Bristol’s Elizabeth Blackwell Institute for Health Research and the Life of Breath project, in collaboration with Circomedia. It is made possible by the generous support of the Wellcome Trust, their Institutional Strategic Support Fund and a Senior Investigator Award.

FEEL IT FESTIVAL EXHIBITION: AN INTRODUCTION

During the festival the venue will host a free interactive exhibition open to all. The exhibition will give you the chance to explore work on pain and breath through sound, video, poetry, art and play. Get hands-on with installations that encourage you to craft your own pain and breath from metal, paper, and colour.

The exhibition is open to adults and children alike. One exhibit, *The Quipu Project* (see page 6), is not suitable for children but will be behind closed doors and clearly marked.

Opening times:

We will open the doors to the public, to come and go as you please, from:

Saturday 19 November, 10:00 - 15:00

Sunday 20 November, 13:00 - 14:30

The exhibition will also be open during the intervals, and shortly before and after each of the programmed talks and performances, but to ticket holders only; another reason to reserve a ticket to one of the festival events!

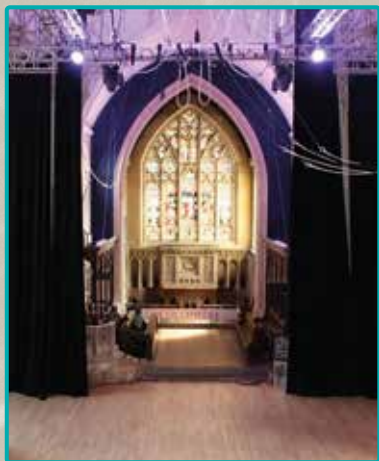


Image credit: Circomedia

PAIN/TING PAST & PRESENT: A SOUNDSCAPE OF HOSPITAL ARTS AND HEALTH

Victoria Bates, Mary Ingoldby,
Ruth Sidgwick



A FEEL IT FESTIVAL COMMISSION

Can the arts heal emotional and physical pain?

Hospitals have long used arts for the wellbeing of patients, staff, and visitors, from medieval religious images to an ever-growing range of contemporary arts and health work. In this soundscape of Southmead Hospital, sound artist Mary Ingoldby explores pain, arts and health in healthcare spaces and places.

The short audio tour, available to listen to at the exhibition, will give glimpses into the Hospital's art history (Victoria Bates, Lecturer in Modern History, University of Bristol), its Fresh Arts programme (Ruth Sidgwick, North Bristol NHS Trust) and what the arts mean to a person in pain.

Opening times:

Saturday 19 November, 10:00 - 15:00

Sunday 20 November, 13:00 - 14:30

Tickets: No tickets required

Venue: Circomedia, Portland Square

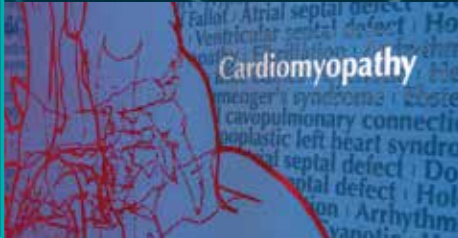
Price: Free

Website: www.nbt.nhs.uk/fresh-arts
(Fresh Arts)

Image credit: Victoria Bates

IT'S JUST A PAIN

Sofie Layton, Giovanni Biglino, Massimo Caputo



It's Just a Pain explores the journey of a young patient with congenital heart disease. Large panels show outlines of hearts intertwined with the language that accompanies the journey's phases: anatomy, conditions, medications, techniques and devices, and narrative. The installation also includes 3D printed models and the opportunity to listen to a six minute soundscape created as part of the project.

During the festival, there will be an opportunity to take part in an embossing workshop with artist Sofie Layton. Collaborator Giovanni Biglino (Bristol Heart Institute) will be present to discuss the artist/scientist collaboration. On the festival's opening night they will be joined by Massimo Caputo, Professor of Congenital Cardiac Surgery at the Bristol Heart Institute, to talk about the work.

Opening times:

Saturday 19 November, 10:00 - 15:00

Sunday 20 November, 13:00 - 14:30

Tickets: No tickets required

Venue: Circomedia, Portland Square

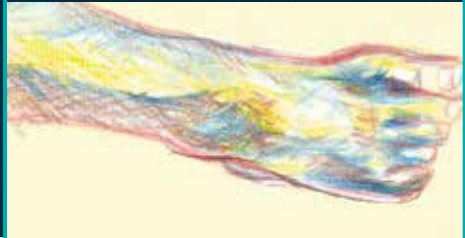
Price: Free

Website: www.sofielayton.co.uk (artist)

To attend the opening night, which includes a dialogue with the installation creators, a ticket is needed:
www.bristol.ac.uk/feel-it-festival

THE EXPRESSION OF PAIN

Vikki Wylde, Victoria Wells



We all experience pain, yet it is a very personal and subjective experience. This subjectivity can make it difficult to communicate and share our pain, and everyone chooses to do so differently: with numbers, scales, words, colours or pictures.

This interactive exhibition offers you the opportunity to explore your expression of pain, and the variety within it. The activity will be guided by lecturer in Musculoskeletal Health Service Research Vikki Wylde (University of Bristol) and artist Victoria Wells, with artistic materials provided.

The results, if their creators wish, can be added to a 'pain wall', a communal art installation which will be developed during the exhibition.

Opening times:

Saturday 19 November, 10:00 - 15:00

Sunday 20 November, 13:00 - 14:30

Tickets: No tickets required

Venue: Circomedia, Portland Square

Price: Free

WALKING INTER-CONNECTIONS INVITE YOU TO GO FOR A WALK WITH US

Sue Porter, Dee Heddon



Going for a Walk is an audio play designed to help you step into the shoes of a group of disabled and non-disabled walkers, drawn from the 'Walking interconnections' research project.

Disabled people have experiences and daily practices of resilience which are useful to our planning for more sustainable futures. We are keen to discover that wisdom, so invite you to come and take this audio experience with you out for a walk and see where it might take you.

Opening times:

Saturday 19 November, 10:00 - 15:00

Sunday 20 November, 13:00 - 14:30

Tickets: No tickets required

Venue: Circomedia, Portland Square

Price: Free

Websites:

www.walkinginterconnections.com

www.d4d.org.au

THE QUIPU PROJECT

Matthew Brown,
Karen Tucker, Rosemarie Lerner,
Maria Court, Sebastian Melo,
Ewan Cass-Kavanagh



In the 1990s, 272,000 women and 21,000 men were sterilised in Peru. Thousands have claimed this happened without their consent and are still suffering from the painful physical and emotional consequences, but until now they have been repeatedly silenced and denied justice.

Almost twenty years later, these voices can be heard through an interactive documentary which connects victims with support, with each other, and with the world through a free telephone line in Peru. Come and interact with the documentary and talk to the people who created it in this Feel It festival exhibition.

The project is run by University of Bristol researchers Matthew Brown (Latin American History) and Karen Tucker (Politics), plus industry partners Rosemarie Lerner, Maria Court and Sebastian Melo (Chaka Studio). The Creative Technologist is Ewan Cass-Kavanagh. It was funded by the AHRC REACT-Hub, and other funders.

Please be aware that this exhibit contains material that some may find upsetting. It is not suitable for under 16s and will be in a separate room to the rest of the exhibition.

Opening times:

Saturday 19 November, 10:00 - 15:00

Sunday 20 November, 13:00 - 14:30

Tickets: No tickets required

Venue: Circomedia, Portland Square

Price: Free

Website: www.quipu-project.com

 [@quipuproject](https://twitter.com/quipuproject)  [@mateobrown](https://twitter.com/mateobrown)

TWOSOME TWIMINDS

Lizzie Lloyd, Andrew F Giles



A FEEL IT FESTIVAL COMMISSION

Twosome Twiminds enters the space between theory and performance, between the exclusive and the inclusive, and between the academy and everyone else. Performers Andrew F Giles and Lizzie Lloyd from the University of Bristol take the theory explored throughout the festival and encourage it to escape the page, to flood out, looping and repeating as it spills.

In this new tactile and audio visual experience the performers fragment responses to theory and offer them to viewers to rearrange, read, touch, kick. What happens when theory doesn't look like theory at all? What happens when theory fails? *Twosome Twiminds* poses these questions, and asks the audience to kindly ignore them, take them up, add to them and watch as the glowing residue of theory turns into something else.

Opening times:

Saturday 19 November, 10:00 - 15:00

Sunday 20 November, 13:00 - 14:30

Tickets: No tickets required

Venue: Circomedia, Portland Square

Price: Free

Websites:

www.andrewgiles.jimdo.com (performer)

www.lizzielloyd.tumblr.com (performer)



 @andrewfgiles2  @lizzieloolah
#twosometwimind

Image credit: Andrew Giles

PERSPECTIVES ON PAIN

Ceri Elizabeth Maltby



A FEEL IT FESTIVAL COMMISSION

Armed with felt-tips and creative inspiration, we invite you to contribute to a wall of life-sized bodies, visually representing experiences of pain and healing. Peruse this interactive body-mapping installation and discover diverse views on pain and healing from cultures around the world.

This installation will be curated and run by Ceri Elizabeth Maltby, postgraduate research student in Anthropology, University of Bristol. Ceri is also running a body-mapping workshop as part of the festival on Saturday 19 November (see page 13 for details).

Opening times:

Saturday 19 November, 10:00 - 15:00

Sunday 20 November, 13:00 - 14:30

Tickets: No tickets required

Venue: Circomedia, Portland Square

Price: Free

Image credit: Ceri Elizabeth Maltby

PRE SCRIBED (A LIFE WRITTEN FOR ME)

**Viv Gordon, Ruth Riley,
Johanna Spiers**

Thursday 17 November
18:00 (premiere)

Sunday 20 November
14:30 (matinee)



A FEEL IT FESTIVAL COMMISSION

**My life is ludicrous
I am a success
Every day I engage in a rapid series
of one way interactions in which
I... Don't... Matter...**

Emotive and witty dance theatre examining the side effects of being a General Practitioner (GP). A story of struggling when you're not "supposed to", of feeling set up and ashamed, and of finding your way through.

The UK has 65,000 registered GPs and it is estimated that one in five of them currently experience some form of anxiety or depression.

Pre Scribed (a life written for me), from performance artist Viv Gordon, who has lived experience of mental ill health, explores research being undertaken into understanding the barriers to help-seeking and improving access to support for the thousands of GPs living with mental illness.

The 'Improving access to support' research project is led by University of Bristol researchers Ruth Riley and Johanna Spiers.

Praise for Viv Gordon's most recent work *I am Joan*:

"A beautifully paced piece. At once both touchingly personal and universal in its themes. I am still haunted by it."

**Ruth Kapadia, Diversity Manager Arts
Council England**

This piece will form part of both the premiere evening session (Thursday) and matinee performance session (Sunday). It will be followed in both instances by Maddie McGowan and Ziggy Slingsby's *The Measure of Breath* and a post-show talk. The premiere on Thursday will also be preceded by a short reception event with food and drinks available. Tickets can only be booked for the sessions as a whole.



Tickets: www.bristol.ac.uk/feel-it-festival

Venue: Circomedia, Portland Square

Price: Free (£3 suggested charitable donation)

Running time: 30 minutes approx.

Websites:

www.meanfeetdance.co.uk (artist)

<http://www.bristol.ac.uk/primaryhealth-care/researchthemes/improving-support/> (research)

 @VivGordonMFD  @GPWellbeing

THE MEASURE OF BREATH

**Maddie McGowan,
Ziggy Slingsby, Havi Carel**

Thursday 17 November
18:00 (premiere)

Sunday 20 November
14:30 (matinee)



A FEEL IT FESTIVAL COMMISSION



If breathlessness is an invisible condition, what would happen if it put on a sparkly suit and took centre stage? What would it say?

In *The Measure of Breath*, circus artists Maddie McGowan and Ziggy Slingsby draw on the research of Havi Carel, from the University of Bristol, to explore the effects of pathological breathlessness on an individual's life; from the collapse of the everyday sense of bodily control, to the altered trust in our bodies.

Join them on a surreal circus journey into experimental aerial choreography, text and imagery in an experience which is exquisite, delicate and raw. A piece that gives voice to this silent condition.

The Measure of Breath will also build upon 'Unseen pathways', a project led by Ziggy Slingsby which asks whether greater awareness of the unseen body - our organs, fluids and nervous system support - can offer a different agenda for devising aerial performance.

This piece will form part of both the premiere evening session (Thursday) and matinee performance session (Sunday). In both instances it will be preceded by Viv Gordon's *Pre Scribed* and followed by a post-show talk. The premiere on Thursday will also be preceded by a short reception event with food and drinks available. Tickets can only be booked for the sessions as a whole.

Tickets: www.bristol.ac.uk/feel-it-festival

Venue: Circomedia, Portland Square

Price: Free (£3 suggested charitable donation)

Running time: 30 minutes approx.

INSIDE THE ASYLUM

A screening of Frederick Wiseman's *Titicut Follies* (1967) with expert panel discussion

John Foot, Ben Anthony,
Nathan Filer, Judy Laing

Friday 18 November
17:30



The extraordinary documentary film *Titicut Follies* (1967) portrays the existence of occupants of Bridgewater State Hospital for the criminally insane, USA, as it was in the 1960s.

It was in the 1970s that radical psychiatrist Franco Basaglia led a movement to reform the asylum system. Wiseman's film captures the need for these changes and the damage done by institutions the world over to the bodies and minds of their inhabitants.

It is a document of great and troubling power.

The film will be followed by a panel debate to discuss de-institutionalisation, the role of the asylum and the ethics of the film itself. The panel will include John Foot, University of Bristol historian and author of *The Man Who Closed the Asylums* (Verso, 2015); Ben Anthony, from the Avon and Wiltshire Mental Health Trust; Nathan Filer, writer and author of *The Shock of the Fall* (The Borough Press, 2014); and Judy Laing, expert on mental health from the University of Bristol Law School.

Please be aware that this film contains very sensitive material that some may find upsetting. *Titicut Follies* is unrated but is not recommend for under 18s.

Tickets: www.bristol.ac.uk/feel-it-festival

Venue: Circomedia, Portland Square

Price: Free (£3 suggested charitable donation)

Running time: 165 minutes

 @footymac

HARDY ANIMAL

Laura Dannequin

Friday 18 November
20:30



A tender solo that looks at chronic pain and human resilience, *Hardy Animal* is a goodbye letter to a former self and an ode to dance.

Concerned with the human body and its failings, it tells of a dancer's journey into immobility. Interweaving text and movement, it retraces a brutal journey of loss, and hope, and looks at our need to create meaning in a baffling world.

"It is entirely excellent, it is defiant, and angry and sad and funny and beautiful and brave and just so very, very good indeed!"

Daniel Kitson, Comedian and Playwright

Writer, creator and performer: Laura Dannequin

Creative advisor: Dan Canham

Created with support from: The Wellcome Trust, Arts Council England, Bristol Old Vic Ferment and Theatre Bristol. Informed in part by interviews with University of Bristol researchers with expertise in pain.

Tickets: www.bristol.ac.uk/feel-it-festival

Venue: Circomedia, Portland Square

Price: Free (£3 suggested charitable donation)

Running time: 45 minutes

Website: www.lauradannequin.co.uk (artist)

HOWL: UNDERSTANDING BREATHLESSNESS AND PAIN IN DOGS

BYOD (bring your own dog)
Andrea Holmes, Jo Murrell



Dog-lover or owner? This talk and discussion with Andrea Holmes and Jo Murrell from the University of Bristol's Langford Veterinary Services could help you to recognise pain and breathlessness in your mutt, and save unnecessary suffering.

In a chance to learn more about your pet, Jo and Andrea will discuss - with the help of dogs captured on film - how and why dogs may experience breathlessness, how to recognise signs of acute pain, and how a dog's experience of pain, and the fear, anxiety and emotion that may accompany it, compares to that of humans.

Howl is a TV vet programme 'in the flesh'. Think *The Supervet*, *Vet on the Hill*, *Vets 24/7*... The talk will be held outside (under cover!) and (well behaved) dogs are welcomed and encouraged to attend.

Opening times:
Saturday 19 November, 10:30

Tickets: www.bristol.ac.uk/feel-it-festival

Venue: Circomedia, Portland Square

Price: Free (£3 suggested charitable donation)

Running time: 60 minutes

Website: www.langfordvets.co.uk

SHOW ME YOUR SCARS: THE CULT AND CULTURE OF SUFFERING IN CYCLING

Martin Hurcombe, Paul Jones, Phil Adkins, Stuart Burgess, Erika Hanna



Is cycling a pain? This panel asks why pain deters some and motivates others to push their bodies to the limit.

Together we will discuss how pain is perceived and dealt with in a number of cycling contexts and how perceptions of pain inform endurance athletes' experiences of exercise, and the pleasure participants and spectators take from it. The audience will be invited to share their thoughts and to show off their scars.

Panellists include Martin Hurcombe, a French cultural historian obsessed with the Tour de France; Stuart Burgess, advisor to the British Olympic Cycling Team; and social historian Erika Hanna, all from University of Bristol. They will be joined by Paul Jones, author of *A Corinthian Endeavour: The Story of the National Hill Climb Championship*; and Phil Adkins, director of social cycling group Le Sportif.

Opening times:
Saturday 19 November, 15:00

Tickets: www.bristol.ac.uk/feel-it-festival

Venue: Circomedia, Portland Square

Price: Free (£3 suggested charitable donation)

Running time: 60 minutes

BESIDE MYSELF, INSIDE AND ALONGSIDE

Sue Porter, Davina Kirkpatrick,
Ann Rippin



Come and craft your pain in this gentle making workshop where you will create, and use as inspiration, objects that represent and capture your experiences of pain.

Using the therapeutic notion of describing pain with colour, form and shape (a notion taken from Gestalt psychology) and concepts developed by artist Richard Serra, this workshop is for anyone who has an ongoing or recollected experience of pain - from the pain of a bad headache to a more persistent pain. Researchers and health or care practitioners wishing to extend their practice, and anyone with an interest in making or crafting, will also enjoy this workshop.

The workshop will be led by University of Bristol researchers Sue Porter and Ann Rippin, and artist Davina Kirkpatrick. The approaches used in this workshop are part of a research project, 'Disability and community: Dis/engagement, dis/enfranchisement, dis/parity and dissent' (The D4D project).

Opening times:

Saturday 19 November, 10:00

Tickets: www.bristol.ac.uk/feel-it-festival

Venue: Circomedia, Portland Square

Price: Free (£3 suggested charitable donation)

Running time: 150 minutes

Website: www.d4d.org.au

Image credit: Davina Kirkpatrick

BODY-MAPPING: COMMUNICATING THE STORIES WITHIN OUR BODIES

Ceri Elizabeth Maltby



What is more painful: embarrassment or bruises? This hands-on practical session will guide you on an exploratory journey into the diverse experiences of pain and healing through producing your own body-map.

Body-mapping is a creative process allowing you to explore and artistically communicate the stories you live within your body. Using paint, pens, collage, and more, you will create a life-sized abstraction that visually represents your body's story through times of empowerment, healing and pain.

It is a fun, reflexive, qualitative research technique; perfect for getting your creative juices flowing!

The workshop will be led by Ceri Elizabeth Maltby, postgraduate research student in Anthropology at the University of Bristol.

Opening times:

Saturday 19 November, 13:00

Tickets: www.bristol.ac.uk/feel-it-festival

Venue: Circomedia, Portland Square

Price: Free (£3 suggested charitable donation)

Running time: 90 minutes

 @CeriElizabethM

Image credit: Ceri Elizabeth Maltby

UNDER THE SURFACE

Toby Young, Stephen Rice

Saturday 19 November, 19:00



***Under the Surface* is a new choral work from composer Toby Young, commissioned specially for the occasion by the Life of Breath project and Feel It festival.**

The piece explores the experience and isolation of people suffering from breathlessness, bringing this forgotten and invisible experience to life through song.

The premiere will be conducted by renowned musical director Stephen Rice, and Bristol University Singers will perform alongside soloists from the internationally acclaimed Brabant Ensemble.

This piece will form part of the *Night of Breath* and will be followed by Kate Elswit's *Breath Catalogue* and an In Conversation with Toby Young, Kate Elswit and their research collaborators James Dodd and Havi Carel. Tickets can only be booked for the evening as a whole.

Tickets: www.bristol.ac.uk/feel-it-festival

Venue: Circomedia, Portland Square

Price: Free (£3 suggested charitable donation)

Running time: 15 minutes approx.

 @lifeofbreath  @sterencerice

 @theothertoby  @brabantensemble

BREATH CATALOGUE

Kate Elswit, Megan Nicely,
Ben Gimpert

Saturday 19 November, 19:00



***Breath Catalogue* is a collaborative dance theatre work which combines choreographic methods with medical technology to create a cabinet of breath curiosities in performance.**

With different tasks, the performers' breath becomes unpredictable, messy, and varied. The catalogue makes it possible to collect and retrieve different breath samples through the process of live dance in order to make breath perceptible to the spectator.

Breath Catalogue uses capacitance resistance sensors from StretchSense; a wearable technology which gathers breath data during the performance and transmits it. Doing so is more than "tracking"; it enables the development of feedback loops that create new choreographic structures, in the process allowing the dancers to interact with their own breath in new, intimate, and palpable ways.

Choreography and performance:
Kate Elswit and Megan Nicely

Data science/digital interactions:
Ben Gimpert

Music: Daniel Thomas Davis
and Stephanie Griffin

Original lighting design: Allen Willner

Costumes: Megan Nicely

Technological objects: Kate Elswit
and Ben Gimpert

This piece will form part of the *Night of Breath* and will be preceded by Toby Young's *Under the Surface* and followed by an In Conversation with Toby Young, Kate Elswit and their research collaborators James Dodd and Havi Carel. Tickets can only be booked for the evening as a whole.

Tickets: www.bristol.ac.uk/feel-it-festival

Venue: Circomedia, Portland Square

Price: Free (£3 suggested charitable donation)

Running time: 75 minutes approx.

Website: www.breathcatalogue.org

A PAINFUL SILENCE: BRINGING DOMESTIC VIOLENCE INTO CONVERSATION

Gene Feder, Jayne Bailey, Alison
Gregory, Lucy Downes



Domestic violence and abuse (DVA) is a violation of human rights that kills over 140 women a year in the UK alone, and causes lasting damage to the physical and mental health of tens of thousands more.

DVA is invisible to many doctors, nurses, friends and family of those experiencing it. Even when visible we still find it difficult to talk about what is happening.

This panel will explore the pain and painful silence of survivors of DVA and discuss how we can start to break that silence and encourage families who experience DVA to seek appropriate help and support.

The panel is comprised of survivors of domestic violence and abuse plus Lucy Downes from Next Link Domestic Abuse Services, and University of Bristol researchers Gene Feder, Jayne Bailey, and Alison Gregory, who are working in the DVA field.

Please be aware that this talk contains sensitive material and is not recommended for under 16s.

Opening times:

Sunday 20 November, 11:30

Tickets: www.bristol.ac.uk/feel-it-festival

Venue: Circomedia, Portland Square

Price: Free (£3 suggested charitable donation)

Running time: 60 minutes

Website: www.bristol.ac.uk/primaryhealthcare/researchthemes/reprovide/about

@DV_Bristol

Image credit: Nacho via Flickr

FINDING STILLNESS THROUGH BREATH: BUDDHIST SAMATHA MEDITATION

Rupert Gethin



Samatha means 'calm' and Samatha Meditation is a traditional Buddhist way to develop stillness and clarity. It uses a form of the ancient Buddhist practice of 'mindfulness of breathing' (anapana-sati): attending carefully to the in and out flow of the breath.

In this workshop, led by Rupert Gethin, Professor of Buddhist Studies at the University of Bristol, you will be introduced to and guided through the practice of Samatha Meditation.

Opening times:

Sunday 20 November, 13:00 - 14:00

Tickets: www.bristol.ac.uk/feel-it-festival

Venue: Circomedia, Portland Square

Price: Free (£3 suggested charitable donation)

Running time: 60 minutes

Image credit: Moyan Brenn via Flickr

CREDITS

FESTIVAL TEAM

Georgia Bladon

Festival Producer and Curator

Laura Dannequin

Associate Festival Curator

Ailsa McKay

Project Coordination and
Marketing Assistance

Dirty Design

Design

FESTIVAL STEERING GROUP

Havi Carel

Professor of Philosophy, University of Bristol

Fiona Hyland

Academic Liaison, Public Engagement,
University of Bristol

Nina Couzin

Institute Manager, Elizabeth Blackwell
Institute for Health Research

Bridget Lumb Professor of Systems
Neuroscience, University of Bristol

Nicolas Young

Managing and Artistic Director, Circomedia

Kate Elswit

Senior Lecturer in Theatre and Performance,
University of Bristol

Jess Farr-Cox

Project Coordinator (Bristol), Life of Breath

SPECIAL FESTIVAL THANKS TO...

Everyone in the Elizabeth Blackwell Institute and the Public Engagement teams at the University of Bristol, without whom this never would have happened.

The Life of Breath team for their support of the festival.

Circomedia - particularly Bim Mason, Nicolas Young, Jay Haigh and Johnny Mauchlin - who worked tirelessly with us to make the festival possible; and to their Board of Trustees for their support of this partnership. We hope this will be the first of many projects together.

MORE INFORMATION

WHERE DO YOUR DONATIONS GO?

When you book a ticket to any of the festival events you will have the opportunity to make a donation (suggested donation of £3 but more is much appreciated). This money will go directly to the LAM Foundation, the global leader in the fight against lymphangioleiomyomatosis (lim-FAN-je-o-LI-o-MI-o-ma-TO-sis), a rare lung disease that strikes women of childbearing age. The LAM Foundation seek safe and effective treatments, and ultimately a cure, for LAM through advocacy and the funding of promising research and offer information, resources and a worldwide network of hope and support.

The LAM Foundation website:
www.thelamfoundation.org

HOW TO FIND THE FESTIVAL

All of the events are taking place in Circomedia, Portland Square, located in St Paul's, Bristol, BS2 8SJ. The venue is approximately a two minute walk from Cabot Circus Shopping centre, ten minutes from Broadmead and Bristol's central bus station, and twenty-five minutes from Bristol Temple Meads Station. There is limited metered parking available around Portland Square which is free after 18:00. Alternatively there is an NCP car park located a two minute walk away at Cabot Circus shopping centre.

Circomedia website: www.circomedia.com

FOOD AND DRINK

There is a bar in the venue which will sell tea, coffee and soft drinks for daytime events with the addition of alcoholic beverages in the evenings. There will be a street food stall where you can purchase affordable and delicious food with vegan, vegetarian and gluten free options available.

ACCESS

The venue has ramped access and a wide aided toilet at the front of the building. There is a hearing induction loop installed. If you require the hearing induction loop please email us at least one week in advance of the event to let us know.

FEEL IT FESTIVAL: AT A

THURSDAY 17 NOVEMBER

PERFORMANCE p 8-9
**OPENING NIGHT
AND PREMIERE**
Time: 18:00 - 21:30

Reception & Exhibition Tours
Time: 18:00

Premiere of Viv Gordon's
Pre Scribed (a life written for me)
Time: 19:00

Premiere of Maddie McGowan
and Ziggy Slingsby's *The Measure
of Breath*
Time: 20:00

Post-Show Talk
Time: 20:30

FRIDAY 18 NOVEMBER

SCREENING AND TALK p 10
INSIDE THE ASYLUM
Time: 17:30 - 20:15

Screening of Frederick
Wiseman's *Titicut Follies*
Time: 17:45

Panel Discussion
Time: 19:15

PERFORMANCE p 11
HARDY ANIMAL
Time: 20:30 - 22:00

Laura Dannequin's *Hardy Animal*
Time: 20:45

Post-Show Mingle
Time: 21:30



GLANCE

For all ticket information
and booking visit:
www.bristol.ac.uk/feel-it-festival

SATURDAY 19 NOVEMBER DAYTIME

Exhibition open to non-ticket holders
Time: 10:00 - 15:00 p 4-7

WORKSHOP p 13
**BESIDE MYSELF,
INSIDE AND ALONGSIDE**
Time: 10:00 - 12:30

TALK p 12
**HOWL: UNDERSTANDING
BREATHLESSNESS AND
PAIN IN DOGS**
Time: 10:30 - 11:30

WORKSHOP p 13
**BODY-MAPPING:
COMMUNICATING THE
STORIES WITHIN OUR BODIES**
Time: 13:00 - 14:30

TALK p 12
**SHOW ME YOUR SCARS:
THE CULT AND CULTURE
OF SUFFERING IN CYCLING**
Time: 15:00 - 16:00

SATURDAY 19 NOVEMBER EVENING

PERFORMANCE p 14-15
NIGHT OF BREATH
Time: 19:00 - 22:00

Toby Young's *Under the Surface*
Time: 19:15

**Kate Elswit and Megan Nicely's
*Breath Catalogue***
Time: 19:30

Post-Show Talk
Time: 21:00

SUNDAY 20 NOVEMBER

Exhibition open to non-ticket holders
Time: 13:00 - 14:30 p 4-7

TALK p 16
**A PAINFUL SILENCE:
BRINGING DOMESTIC
VIOLENCE INTO CONVERSATION**
Time: 11:30 - 12:30

WORKSHOP p 16
**FINDING STILLNESS
THROUGH BREATH: BUDDHIST
SAMATHA MEDITATION**
Time: 13:00 - 14:00

PERFORMANCE p 8-9
MATINEE EVENT
Time: 14:30 - 17:15
(with doors open from 13:00)

Viv Gordon's *Pre Scribed*
(a life written for me)
Time: 14:30

**Maddie McGowan and Ziggy
Slingsby's *The Measure of Breath***
Time: 15:30

Post-Show Talk
Time: 16:00

PERFORMERS, RESEARCHERS, ARTISTS, SPEAKERS, FACILITATORS:

Phil Adkins, Ben Anthony, Jayne Bailey, Victoria Bates,
Giovanni Biglino, Stuart Burgess, Matthew Brown,
Massimo Caputo, Havi Carel, Laura Dannequin, James Dodd,
Lucy Downes, Kate Elswit, Gene Feder, Nathan Filer,
John Foot, Andrew F Giles, Viv Gordon, Alison Gregory,
Erika Hanna, Andrea Holmes, Martin Hurcombe, Mary Ingoldby,
Paul Jones, Davina Kirkpatrick, Judy Laing, Sofie Layton,
Lizzie Lloyd, Ceri Elizabeth Maltby, Maddie McGowan,
Jo Murrell, Megan Nicely, Sue Porter, Stephen Rice, Ruth Riley,
Ann Rippin, Ruth Sidgwick, Ziggy Slingsby, Johanna Spiers,
Victoria Wells, Vikki Wylde, Toby Young

This event is part of Bristol800

Bristol800

CIRCOMEDIA
CENTRE FOR CONTEMPORARY CIRCUS AND PHYSICAL THEATRE



 University of
BRISTOL
Elizabeth Blackwell Institute
for Health Research