



2019 SCHEDULE
Cultivating Arts of Attention Unconference
www.eh.bard.edu

11-12PM / MORNING SESSIONS

RKC 101

Discussion: Attention and the Arts (facilitated by Miriam Felton-Dansky and Leah Cox)

RKC 200

Discussion: Pedagogy, Practice, and Experiments in Devicelessness (facilitated by Philip Pardi and Erica Kaufman)

RKC 111

Workshop: Fermentation and Hot Sauce

Gabriel Perron

This workshop will give participants the opportunity to learn about and try their hand at basic fermentation principles as they prepare their own custom-mixed hot sauces. Bringing attention to the time and transformation necessary to produce many of our favorite foods, Professor Perron will talk participants through the scientific processes that turn fresh peppers into the base ingredients for the tangy, spicy sauces we love. All participants will leave with their own finished hot sauce and a jar of prepared peppers to ferment and make into hot sauce at home.

RKC Lobby (near room 100)

Workshop: Yoga and Meditation

Juliana Machado

"An hour to tune in and recharge," this session is inspired by yoga tools and self-exploration and aims to set the tone for the day by unwiring and connecting within. Suitable to all levels of experience and all body types, the session will offer breathing exercises and movements based on yoga that supports self-awareness. Beyond exercising the practice of observance and shifting the attention within, yoga grants the ability to diminish the velocity of our thoughts and creates space for our intelligence to flow with more freedom. A limited number of yoga mats will be provided. Please bring your own if possible.

Juliana Machado is the founder of Yoga Path for Healing. A native from Brazil, she moved to the Hudson Valley in 2000 and continued her studies of awareness through movement. "Dancing and practicing yoga bring me vastness, quietude and freedom," she says. Juliana calls yoga "the house of no judgment" and invites you to experience her classes within this space of freedom and acceptance. She has taken four Yoga Teacher Trainings since coming to the United States: Ashtanga Yoga (2001), Forrest Yoga (2006), "Life of a Yogi:" 500 hours with Sri Dharma Mittra (2012), and "Life of a Yogi:" 800 hours with Sri Dharma Mittra (2015). Juliana has been teaching for the past 19 years and has moved to Catskill, NY to bring more yoga to this artistic village of amazing people.

2:30-4PM / AFTERNOON SESSIONS

RKC 101

Discussion: Kids and Attention in a Mediated World (facilitated by Danielle Riou and Dominique Townsend)

RKC 200

Discussion: Intergenerational Conversations about Attention with Current Bard Students (facilitated by Philip Pardi and Lin Barnett)

RKC 115

Workshop: Technology, Attention, and Embodied Learning

Jason Farman

“For how we spend the brutally limited resource of our attention will determine [our] lives...when we reach the end of our days, our life experience will equal what we have paid attention to, whether by choice or default.” – Tim Wu, *The Attention Merchants*

Mobile technologies and other emerging media have presented interesting challenges and opportunities for the educational environment. How we incorporate, ban, or ignore these technologies will directly impact the embodied learning that takes place in the classroom. Exploring the pull of attention of mobile media and the ways we as educators can utilize these media for course content, this workshop presents a range of ideas as well as hands-on explorations that can be incorporated into a variety of academic settings. Participants explore issues around multitasking, focus, and layered experiences through platforms such as social media in the classroom, expanding the classroom through mapping movement, site-specific campus experiences, and audio production.

Participants should come to the workshop with a mobile device with headphones.

RKC 111

Workshop: From Seed to Seed and Everything in Between: An exploration of the San Marzano

Rebecca Yoshino and Katrina Light

Rebecca Yoshino and Katrina Light bring their enthusiasm for slow foods, gardening, seed-saving, and appetites to this workshop.

Rebecca Yoshino, Bard’s newly hired Farm Coordinator, is a Hudson Valley Native and grew up on Hawthorne Valley Farm in Columbia County, NY. Over the last decade, she has been actively involved as an organic grower, farm manager, and organizer working within the sustainable food sovereignty movement in Minnesota. It was during this time as director of Wozupi Tribal Gardens, a certified organic farm and education center owned by the Shakopee Mdewakanton Sioux Community, that her interest in seed-keeping took hold. Rebecca managed a small heritage garden, where a growing collection of culturally significant seeds to tribes of the Upper Midwest were grown out each year.

Katrina Light is the Supervisor of Bard’s Food and Agricultural Programs and works to advance local food growing, sustainable purchasing and overall agricultural efforts at Bard College. Before joining Bard’s Office of Sustainability, she worked for Chartwells Dining Services as their Food Sustainability Director. Katrina was raised on a farm and has taught food and agriculture focused classes at the University of Vermont, the Putney School, and currently teaches Bard’s Food Systems Practicum. Katrina is passionate about hands-on learning through farming, composting and culinary education. She encourages everyone to dig a little deeper into understanding the complex factors that go into growing food, from the treatment of workers and animals to land and energy use. She hopes more individuals and institutions will join the good food movement.

ALL DAY EVENTS

Film Screening by Jacqueline Goss

Preston Theatre

Both films will be played on a loop so please stop by at any point throughout the day!

The Observers (loop starting at 9am)

2011, 62 minutes, 16mm on HD

The Observers portrays one of the world's last staffed weather observatories in two different seasons. Extreme and unpredictable, the land and sky of Mount Washington, New Hampshire form a varying frame for a climatologist as she goes about the solitary and steadfast work of measuring and recording the weather.

The Observers is based on the actual work of the crew of the Mount Washington Weather Observatory - one of the oldest weather stations in the world where staff members have taken hourly readings of the wind speed and temperature since 1932. In 1938, a 236 mph wind hit the summit: a world record for wind speed recorded by a human being.

"Ms. Goss's film suggests a lament for a time...when perhaps it was possible to record the weather in this place and feel as if you were the last human on earth." – *The New York Times*

The Measures (loop starting 1pm)

2011 with Jenny Perlin, 47 minutes, 16mm on HD

Jacqueline Goss and Jenny Perlin retrace the journey of the two astronomers tasked with determining the true length of the meter. From the Mediterranean Sea to the English Channel, *The Measures* explores the metric system's origins during the violence and upheaval of the French Revolution. Along the way, Goss and Perlin consider the intertwining of political and personal turmoil, the failures of standardization, and the subtleties of collaboration.

"Goss and Perlin offer fresh ways of thinking about the pleasures and perils of collaboration, as well as relationships between art and science, and standardization and nationhood."

-*The Brooklyn Rail*

RKC Lobby

Large-scale custom 1500-piece jigsaw puzzle by Ben Coonley

Please stop by at any point throughout the day to help work on this piece.

Ben Coonley is an artist working with video, computers, 3D, and cats. Since his previous exhibition at the gallery in 2016, his work has appeared in "3D: Double Vision" at LACMA in Los Angeles (currently on view) and in "Dreamlands: Immersive Cinema and Art, 1905-2016" at the Whitney Museum of American Art, New York, among others. Coonley's video works have also been screened in venues including BAM's 2015 "3D in the 21st Century" series, MoMA PS1's "Greater New York: Cinema", Performa, the New Museum, the Moscow Biennale, and the International Film Festival Rotterdam. Coonley's work is in the permanent collection of the Whitney Museum of American Art, among others. In 2010, he was named one of Film Comment's "21 Leading Lights of Projection Performance". Coonley studied Art Semiotics as an undergraduate at Brown University, and received an MFA from Bard College in 2003. He was born in Boston, MA and currently lives and works between Brooklyn and the Hudson Valley.

RKC Upstairs Landing

***Valsalva*, a sound installation by Bird Cohen (EH Media Corps)**

You will hear this installation floating through the RKC throughout the day.

A piece for three speakers, created using Ableton Live and Argeiphontes Lyre.

Artist's Statement: Coherent breathing is a breathing and meditation tool that involves taking slow, measured breaths at the rate of five to six per minute. This technique has been heavily promoted by a pair of psychiatrists in New York City, and is often used in healing/recovery practices. It is generally done privately.

Coherent breathing is a scientific transposition of techniques that have been used extensively in meditation and yoga. It is important to acknowledge that it is an appropriation; but it is also a universal tool for managing anxiety and increasing bodily awareness.

I found myself fascinated by the vast amount of audio tracks that have been created to promote the cycle of coherent breathing. Having such a simple template (five seconds in; five seconds out) leaves countless possibilities for a musician or artist to create audio that is conducive to the technique. With *Valsalva*, I attempted to create a cyclical piece of music that would engage with both the listeners and the space; the audio folds into itself many different times and in many different ways.

The title refers to a piece of biofeedback software (Valsalva Wave) used by practitioners of coherent breathing, which visually measures cardiopulmonary responses to the technique.

Hopefully this piece will help the attendees of this unconference attend to their breathing in conscious and unconscious ways.

RKC 100

Hyper-sensory installation

Please stop by throughout the day to experience this installation.

This multimedia installation was designed by Maeve Potter and the Experimental Humanities Media Corps as a response to hyper-attention and overstimulation in the digital age.