

Embodied Tools

04.10.2025

performance day

Stella R. K. Spinedi with Paula Guersenzvaig,
Lou Messmer with Jo Wydler and Tala Kiandost,
Leire Aranberri

EN *Embodied Tools* is a day of performances bringing together three artistic interventions: by Stella R. K. Spinedi inviting Paula Guersenzvaig, Lou Messmer performing with Jo Wydler and Tala Kiandost, and Leire Aranberri, all commonly woven into a narrative developed by Victor Sala.

With evolution, as soon as *Homo erectus* stood upright on two feet and became *Homo sapiens*, bodily — and mental — capacities improved; the use of hands and thumbs allowed movement with objects, the mastery of fire, hunting. Then these primary modifications triggered further ones: tools became increasingly efficient, as did the specializations of their use.

Technical evolution can be seen as a progressive externalization of bodily capacities: the first carved stones are an extension of the hand, the bow extends the arm, the wheel extends the legs, glasses extend the eye, etc.

These tools have evolved over time according to human needs; from Prehistory with the first tools, through Antiquity with the first calculating devices, then the Middle Ages and Modernity with mechanization and machines drawing energy from outside the body (mill, water wheel, traction, pump). Today, with new technologies and artificial intelligences, the body is sometimes overtaken...

Embodied Tools seeks to revalorize the body as a tool, but also to experiment with its environment, to study it. By analyzing the technical functionalities of the body through movement, the performances are symbolically imagined as research acts measuring space and its derivatives, such as gravity or architecture. Here, the body becomes an object of measurement, modeling, calculation, balance, expression — in order to theorize space and to enter into dialogue with its environment.

Supported by Pro Helvetia, City of Biel, Canton of Bern,
Foundation Tempratio, Burgergemeinde Bern, Foundation GVB
& Foundation CÉrtli. Thank you!