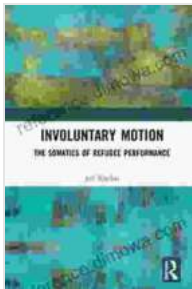


# Involuntary Motion: The Somatics of Refugee Performance

**Involuntary Motion: The Somatics of Refugee Performance** explores the ways in which refugees use their bodies to express their experiences of displacement, trauma, and resilience. Through a combination of personal narratives, interviews, and performance analysis, the book examines how refugees use movement to communicate their stories, heal from their wounds, and build new communities.



## Involuntary Motion: The Somatics of Refugee Performance

by A.W. Hart

★★★★☆ 4.8 out of 5

Language	: English
File size	: 3973 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 152 pages



The book begins with a personal narrative by the author, who is a refugee from Sudan. In this narrative, the author describes how she used dance to cope with the trauma of displacement and to find a sense of belonging in her new home. The narrative is followed by a series of interviews with other refugees who have used performance to express their experiences of displacement and trauma. These interviews provide a rich and diverse

perspective on the ways in which refugees use their bodies to communicate their stories.

The book then moves on to a discussion of the somatics of refugee performance. Somatics is the study of the body in motion, and it can be used to understand how refugees use their bodies to express their experiences. The book examines how refugees use movement to communicate their emotions, to heal from their wounds, and to build new communities. The book also explores the ways in which refugees use performance to challenge stereotypes and to raise awareness of the plight of refugees.

*Involuntary Motion: The Somatics of Refugee Performance* is a groundbreaking book that offers a new understanding of the ways in which refugees use their bodies to express their experiences of displacement, trauma, and resilience. The book is a valuable resource for scholars, artists, and activists who are working to support refugees.

## **Reviews**

"*Involuntary Motion* is a powerful and moving book that offers a new understanding of the ways in which refugees use their bodies to express their experiences of displacement, trauma, and resilience. The book is a valuable resource for scholars, artists, and activists who are working to support refugees." - **Dr. Susan Reynolds, author of *Performing Trauma***

"*Involuntary Motion* is a groundbreaking book that offers a new perspective on the ways in which refugees use performance to express their experiences. The book is a must-read for anyone who is interested in the

intersection of art and social justice." - **Dr. David Román, author of *Acts of Resistance***

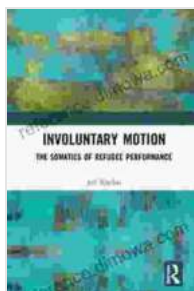
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