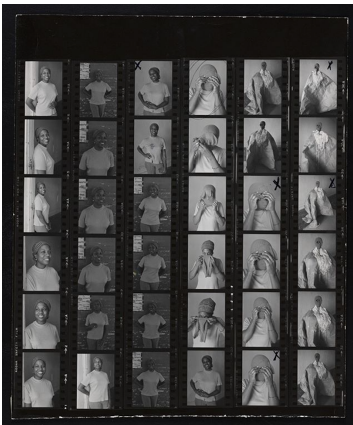


WIDE RAINBOW LESSONS: Artist Senga Nengudi

ARTIST INTRO:

Senga Nengudi (b. 1943) is a performance artist known for sculptures combining everyday materials and objects found in nature with choreography. She is part of a group of avant-garde black artists working in New York and Los Angeles from the 1960s onward. Born in Chicago she now resides in Colorado. Her work is rooted in improvisation, participation and matters of the spirit. Taking influence from travels to Japan and African-American culture. Nengudi has exhibited internationally, is deeply committed to arts education, teaches and continues to make great art today.

ARTWORK:



WORKSHOP:

Let's celebrate Women's History Month by performing Senga Nengudi's "Mountain Moving Day" together.

COMMUNAL CEREMONY

1. Find a symbolic location
2. Have any form of music, self-made(singing/flute/drums/clapping) or recorded
3. Share dreams/writing/poetry
4. Share declaration of mountain (obstacle) to be moved
5. Each participant brings a handful of sand or rock symbolic of their personal *mountain*. That mountain that is now deemed movable. Participants work together to create a new configuration of their own design with the rocks/sand. Water is used to clean the hands of each woman after creating the new configuration. Water is poured a second time into the cupped hands of each participant. This time to drink, a symbolic statement of being one with nature, being as clear as water in our thinking, action and sight and allowing our chi to flow unencumbered.
6. At the end of the ceremony, participants with music (song), dance and movement retrieve a bit of rock/sand to take home and put in a special place to remember that a wakefulness has occurred, and a mountain moved.
7. The above are merely suggestions. The event may be exceedingly simple or outrageously elaborate. The importance of the ceremony is to have an awakening in your life & to recognize that the impossible is possible. And to let our bodies and beings come into alignment with our souls & purpose.

MATERIALS:

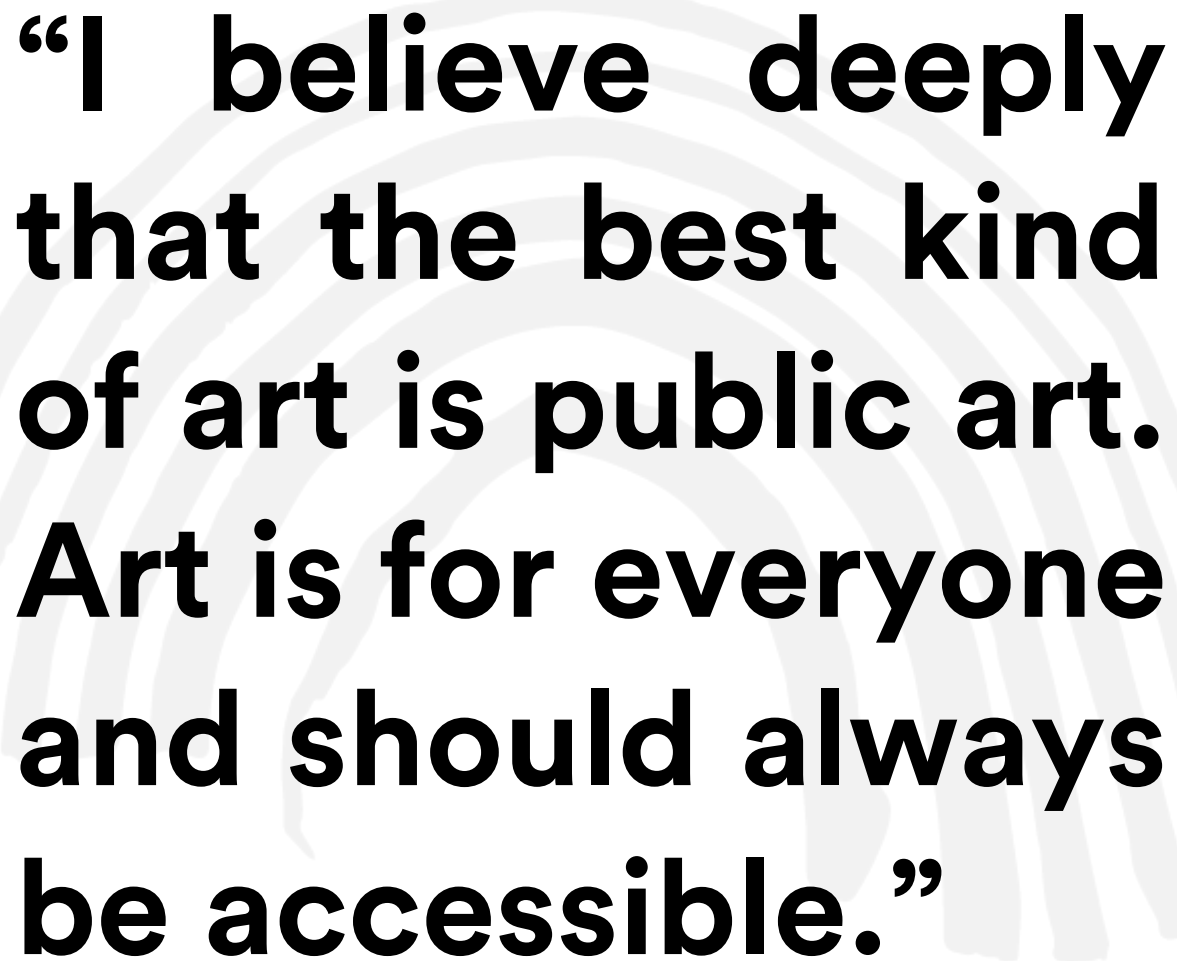
- Sand
- Rock
- Water
- Music



Mountain Moving Day may be done whenever needed, even daily.

An ongoing performance project started by Senga Nengudi in 2002, “Mountain Moving Day” is a ritual celebration for Women’s History Month. The Mountain Moving Day Ceremony is to take place on *every third Sunday in March*, any time, any location, it's for you to do. The ceremony may be performed with any number of women of all ages (pre-birth on) in a group, as a group, as a communion with a community of women. It may also be a Solo event (ceremony) in a garden, living room, bathroom etc. even a closet if personal safety is a factor (i.e. if one is in a restrictive relationship).

<http://sengasenga.com/mountain.html>



**“I believe deeply
that the best kind
of art is public art.
Art is for everyone
and should always
be accessible.”**

– Senga Nengudi



FOLLOW UP:

What is performance art?

What is sculpture?

How can the body become sculpture or art?

What is Women's History Month?

What women in your life are important to you? Why?

How can we move *mountains*?

Why is ceremony important?

Why is community important?

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