

What's your Ritual? Objects and actions for navigating the red tide.

Workshop's mock led by Valeria Medici at Wombenhood: exploring the fields of menstruality
Saturday 9th of January 1-4 pm, Zoom Live

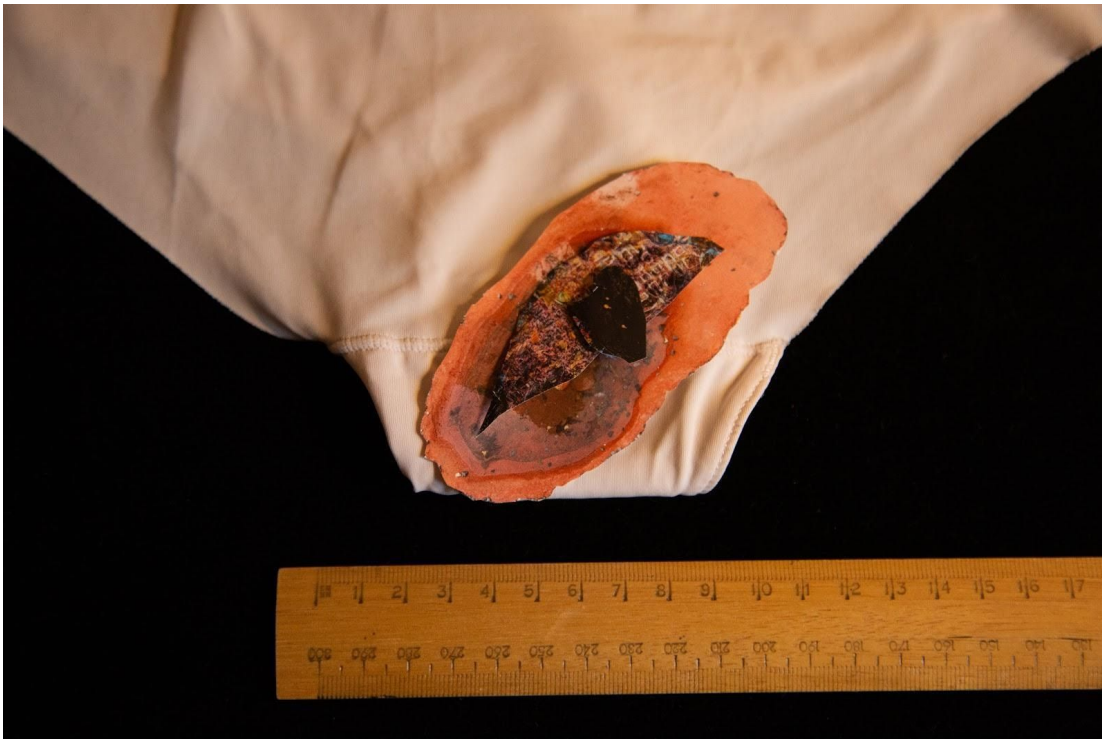


Image Caption: Valeria Medici_Archiving Knicker #4_To bleed bled bled_2020_10865.jpg

What's your Ritual? Objects and actions for navigating the red tide.

An online workshop addressing the objects and routines around menstrual cycles respectively for the Primary and Secondary Party*. The workshop is open to all regardless of gender, sex, ethnicity or class.

Participants are invited to bring a phone or camera alongside the objects they feel are essential to their menstruation and cycle in the exploration of ways to navigate the red tide. See a more detailed guideline below.

*Primary Party: are who we at Wombenhood define as menstruals: those people with wombs who experience or wish to experience menstruations.
Secondary Party: are those without a womb, who witness and support the menstruals during their cycles such as partners, family, siblings, friends.

Date: Saturday 9th of January, 1-4 pm

Zoom Link:

<https://us02web.zoom.us/j/9954342461?pwd=MFN0TDFDeUpkTDhoVk90MGNhTXhqZz09>

Meeting ID:995 434 2461

Passcode:Redtide.3

Guidance for the Secondary Party

We're inviting the Primary Party (menstruals) to discuss their rituals around the menstrual cycle particularly linked to the first days of menstruation. We're encouraged all participants to bring the objects used to alleviate the discomfort caused by the menstruation.

The Secondary Party (non-menstruals) could have a very important insight into what they perceive in the first days of menstrual's cycles. Maybe there are specific objects they are asked to provide and bring to the menstrual in discomfort; or there are specific, actions, massages, special meals or other gentle caring attention they provide. Something I am hoping to find is some aspect of the ritual they witness and/or they help providing to the Primary Party.

The Secondary Party as a representative of the menstrual partners or family members, should check with the people they wish to represent to understand whether they are comfortable to represent their experiences (as an observer/witness/participant in their actual lives). Should this consent not being granted, we invite the Secondary Party to avoid specification on who they are referring to.

Notes:

Prior to the meeting participants are asked to fill and send the GDPR and Photo/Filming consent at wombenhood@hotmail.com as the sessions will be recorded and made available on Wombenhood's website.

Info

Valeria Medici is a Fine Art Undergraduate at the University of Northampton who's practice is exploring dialogical, collaborative and socially engaged environments in the co-creation of meanings with a desire for social change through art-making processes.

Rhianne Burgess is a Leicester process-based disciplinary artist interested in creating Fluxus and transformative artworks based around audience participation and object transformation via process focus..

Valeria Medici and Rhianne Burgess are the co-creators of Wombenhood: exploring the field of menstruality, a dialogical collaboration and project aiming to inform, educate and empower through dialogue, exchange and collaborative making processes.

Wombenhood's details:

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