Extispicy in the Everyday:  
An Exploration of Human-Environment Binaries Through the Gut

Aims and Outline of Workshop Schedule – 5 mins

AIMS:
- To explore the thresholds between our bodies, and in particular our guts, and the external, natural and built environments
- To problematise human-environment binaries and re-conceptualise these seemingly boundaried entities
- To explore our immediate locale to notice and gather materials that resemble our guts, intestines and our hidden infrastructure
- To draw parallels between the hidden infrastructure, leftover materials, waste and discarded matter of our immediate locale and our insides
- To conceptually and visually re-connect the idea of the gastrointestinal tract being at the same time inside the body, and part of the external environment, outside the body border

Part 1 – 15 mins
Introduction to extispicy & the themes and aims of the workshop through my artwork and research
- I will introduce the ancient practice of extispicy, divination using the entrails
- I will present this practice in relation to some of my artwork/projects and research and summarise the ideas and themes of the workshop

Part 2 – 20 mins
Gathering activity
- We will go out and explore our immediate locale to perceive and gather materials that resemble guts, intestines and our bodily hidden infrastructure
- On our return, we will gather our gut-inspired dish or snack that we prepared earlier

Part 3 – 20 mins
Sharing and digesting collected materials/images & eating food together
- We will discuss you gathered materials and your reflections and motivations for the choices made
- We will eat (and later digest!) together our gut-evocative foods and share our reasoning for our choices of food
- We will conclude with a discussion about our experiences in relation to the aims of the workshop