

Projets du domaine musique et arts de la scène
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RAPPORT Final

Titre du projet : *Institute of Rest(s) – How to trouble productivity through dance and its spaces of commonality?*

Nom et prénom du·de la requérant·e : Eynaudi Alix

Ecole et site du·de la requérant·e : La Manufacture – Haute école des arts de la scène, Lausanne

Dates du project: January 2023 – September 2025

1. Rappel des objectifs fixés dans la demande

The *Institute of Rest(s)* proposed to explore rest not as a void or an afterthought, but as an active, critical, and artistic mode of inquiry. In a time increasingly characterized by exhaustion, over-productivity, and the valorisation of relentless activity, the project sought to create a field—*un champ*—for resting as a way of thinking, researching, choreographing, and being in relation.

The project's objectives included:

- Developing a poetic, philosophical, and choreographic inquiry into the possibilities of rest as resistance, as composition, as a method.
- Creating collective spaces for studying, rehearsing, and sharing practices of rest through workshops, performative formats, and writing.
- Articulating an expanded choreography that does not rest on spectacle, but on interdependence, slowness, and opacity.
- Challenging the choreographies of neoliberal productivity through embodied, discursive, and affective practices of “resting together.”
- Co-writing and co-reading practices with co-researcher Paula Caspão, as part of a textual and performative exploration of “haunted” language and sleep-thinking.

The project thus positioned rest as both subject and method—a way to unlearn the imperatives of clarity, speed, and resolution that pervade institutional, artistic, and academic environments.

2. Objectifs atteints

What was reached was not a goal line, but a reverberation. The *Institute of Rest(s)* did not complete something; it composed a field in which rest, hesitation, and errancy became both process and outcome.

Achievements include:

- **Hosting six Restshops** in Vienna, Berlin, Lausanne, Marseille, Pattaya and Bologna. These gatherings welcomed artists, researchers, students and any public who wanted to reflect, rest, and unwork together in choreographic formats that foregrounded collectivity, opacity, and refusal.
- **Developing the format of (Im)mobility Salons**, immersive and performative encounters where rest and stillness were invited as modes of collective address and inquiry.
- **Initiating the co-writing practice “Haunted Naps”** with Paula Caspão, which culminated in public readings, publications, and textual experiments with citation, silence, and sleep.
- **Publishing contributions** in platforms such as the *Journal de la Recherche*, including the essay *Cela ne va pas sans dire*, co-authored by Alix Eynaudi and Paula Caspão.

The project gathered a resonant community—trans-institutional and multilingual—who now carry forward rest as a fugitive, ongoing practice.

3. Description de la démarche et synthèse des résultats

The project unfolded as a durational fieldwork of rest, composed of movements, sleepings, readings, and unfinishing. Its method was not to arrive, but to linger.

Restshops were choreographies of horizontalities: bodies lying down with texts, with one another, with histories & dances that return through the joints. Held in institutions such as Tanzquartier Wien, La Manufacture, and Tanzfabrik Berlin, these workshops challenged the logics of mastery and progress. Participants composed lists without purpose, rehearsed gestures without performance, translated without arrival.

(Im)mobility Salons, such as those held at Raum Bologna, La Grange and Volkskundemuseum Wien, invited collaborators (dancers, sound artists, theorists, curators, publishers) to occupy shared time without agenda. Events became porous gatherings—assemblages of poems, silences, leaks, loops, and low tones.

Haunted Nap, an ongoing artistic and choreolinguistic project by Alix Eynaudi and Paula Caspão, emerging from their respective research initiatives. It takes the form of performative sleep-readings, haunted lectures, and sonic-textual dérives. Participants engage with texts—often read aloud, translated, and layered in multiple voices and languages—through states of rest, resonance, and refusal.

Blurring the boundaries between dreaming, reading, and performing, *Haunted Nap* explores how bodies receive, echo, and disrupt dominant narratives. It proposes collective rest as a site of critical fabulation, where language, memory, and colonial residues can be unsettled, rewoven, or unlearned. Rather than conveying fixed meaning, it allows for hauntings, interruptions, and reverberations to unfold through choreographed stillness, sound, and shared breath.

The **method** was one of *désengagement*, as articulated by Ariella Aïsha Azoulay and Saidiya Hartman: a refusal of heroic solutions, an invitation to remain with discomfort, and a desire to let “study” be a form of being together otherwise.

Outcomes were *not* deliverables, but durational traces: text fragments, co-slept scores, tired diagrams, collective silences. What remains is a space—a *champ*—for resting otherwise.

4. Mesures de valorisation réalisées / prévues

Completed Dissemination

****Public Performative Events & Presentations**

Poetry Without Poets #1 – Choreo-somatics of Resting Dissidence

- **Date:** March 2023
- **Location:** Tanzquartier, Vienna
- **Participants:** Paula Caspão, Cécile Tonizzo, Sabina Holzer, Ujjwal Kanishka Utkarsh, Alix Eynaudi, Quim Pujol, Joachim Hamou, Ari Ban
- **Format:** Collective sleep-reading and writing session
- **Output:** Giant Notebook – a processual nap-writing score

Poetry Without Poets #2 – Choreo-somatics of Resting Dissidence

- **Date:** October 2023
- **Location:** Forum Dança, Lisbon
- **Participants:** Nina Pertsov, Joachim Hamou, Paula Caspão, Cécile Tonizzo, Jérôme Dupraz, Alix Eynaudi
- **Format:** Collective sleep-reading and writing session
- **Output:** Giant Notebook

****Restshops – Rest-Centered Workshops** Practice-based workshops on rest, poetic refusal, haunted scores, and choreolinguistic care

- **Dates:** 2023–2025
- **Locations & Hosts:**
 - Volkskundemuseum Vienna (Fall 2023)
 - Tanzquartier Wien (Winter, Spring & Fall 2023)
 - Tanzfabrik Berlin (March 2024)
 - La Grange / UNIL Lausanne (April 2024)
 - ImPulsTanz Vienna (Summer 2024)
 - École des Beaux-Arts de Marseille (Spring 2024)
 - Wonderfruit Festival, Thailand (December 2024)

****(Im)mobility Salons – Public Readings / Collective Studies**

- **(Im)mobility Salon #1:** Institute of Rest(s) meets Tanzfabrik, Berlin
 - **Date:** March 2024
 - **Participants:** Paula Caspão, Emma Bigé, Ujjwal Kanishka Utkarsh, Yves Mettler, Clementine Burnley
 - **Format:** 4-day public collective study salon
- **(Im)mobility Salon #2:** Institute of Rest(s) meets La Grange / UNIL
 - **Date:** April 2024
 - **In the shadow of:** Le Cerveau Mou de l'Existence by Collectif Foulles

- **Participants:** Paula Caspão, Cécile Tonizzo, Barbara Manzetti, Les Médusales
- **(Im)mobility Salon #3:** Institute of Rest(s) meets Volkskundemuseum Vienna
 - **Date:** June 2024
 - **Participants:** Shivangi Mariam Raj / The Funambulist, Andrea Ancira / Tumbalacasa, Ujjwal Kanishka Utkarsh, Jaba Devdariani / Civil Georgia, Jason Dodge / fivehundred places, Raimundas Malašauskas, Mette Edvardsen & Jeroen Peeters / Varamo Press, Nicole Suzuki, Paula Caspão
- **(Im)mobility Salon #4:** Institute of Rest(s) meets Xing Bologna
 - **Date:** December 2024
 - **Location:** Raum Bologna, by invitation of Xing
 - **Participants:** Alix Eynaudi, Paul Kotal, Anne Faucheret, Zoe Francia Lamattina, Ida Malfatti, Cécile Tonizzo, Daniela Crocetti

****Insomnia – A Dance to Under-Grow**

- **Date:** August 2024
- **Location:** far° festival, Nyon, Switzerland
- **Guests:** Cécile Tonizzo, Myriam Lefkowitz, Dr. Geoffroy Solelhac (CIRS – Sleep Research Centre)

****Nap-Conferences**, sessions of sleep-reading and hallucinatory remediation, presented by Alix Eynaudi & Paula Caspão

- **HAUNTED NAP [plantées là]**
 - **Venue:** La Manufacture (CH)
 - **Date:** April 2025
- **HAUNTED NAP [plantées là]**
 - **Venue:** SAR 16th International Conference on Artistic Research, Faculty of Engineering of the University of Porto (PT)
 - **Date:** May 2025

****Publications**

PRESS

Hémisphères Magazine

- **Issue:** No. 28 – Les multiples visages du son (2024)
- **Interviewee:** Alix Eynaudi
- **Focus:** Rest, rhythm, and resonance as artistic and political tools

PUBLICATIONS

- **titre:** Cela ne va pas sans dire
- **Authors:** Alix Eynaudi & Paula Caspão
- **Publication:** Journal de la Recherche, Lausanne, 2024

5. Perspectives

The project will continue. It always already did. The *Institute of Rest(s)* is not a closed chapter but a porous infrastructure of hesitation, care, refusal, and collective breath.

Future directions include:

- **Sieste Hantées. Plantées là / Haunted Nap. Planted here** (*to come 2025*)
Publication: Watt Studio, 2025
Authors: Alix Eynaudi & Paula Caspão
Description: A crossed invitation by the Théâtre de Gennevilliers T2G, Centre Dramatique National (FR), and Charlotte Imbault to welcome the Haunted Nap in *Watt* magazine
- **Library of Rest(s): Of Afters and of Arrhythmias: on Campari and Companionship** (*forthcoming end 2025*)
By: Alix Eynaudi
Description: A choreographic-archival project riffing on Adjua Gargi Nzinga Greaves' *Of Forests and of Farms: On Faculty and Failure* (Ugly Duckling Presse, 2020), this work extends the *Library of Rest(s)* into speculative and embodied terrains of shared time, slowness, and convivial research.
- **Haunted Nap** (*working title, 2027*)
Conceived by: Alix Eynaudi
Format: Full-length stage performance
Framework: Proposed under the MA7 (Vienna Department of Culture) structural funding scheme
- **Resting Voices: A Library in Pieces** (*forthcoming 2025*)
Format: Audio/digital polyphonic reader
Editor & Sound Design: Paul Kotal
Content: Read texts, reflections, scores, and situated recordings.

This object is the subject of a demand for financing (“valorisation”) before the Commission in October 2025.

- **New partnerships** with choreographers, museums, critical pedagogies, and ecological thinkers

- **Hosting residencies and sleep-reading gatherings** focused on study, slowness, and haunted citation
- **Teaching rest** as a way of unlearning the demands of productivity in academic and artistic contexts
- Continued development of the **Haunted Naps** series, including possible audio formats and publication
- Rehearsing **expanded choreographies**: across disciplines, languages, and bodies, in fields where rest reclaims its right to be political

Rather than seek closure, we hold the practice open. Like a door half-ajar, or a phrase still forming.

Rest, here, is not an ending.
It is a beginning that repeats itself differently each time.