

“I work with bodies,
because they bring one reality to hand,
because when they touch,
they make revolutions”

María Auxiliadora Gálvez

PhD Architect, Landscaper
& Feldenkrais teacher.

Somatic Laboratory

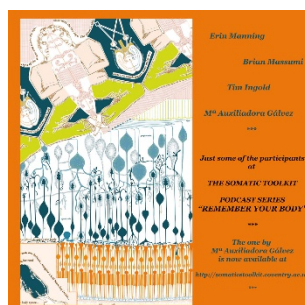
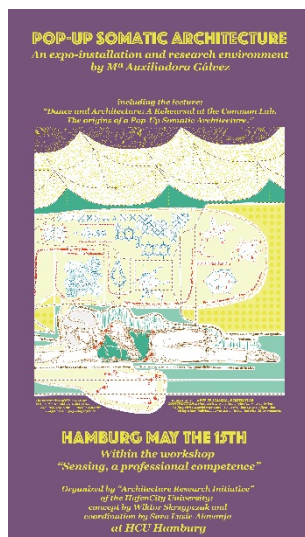
The *Laboratory of Somatics for Architecture and Landscape* (LSAAP) is a pioneering program. It started in 2016.

LSAAP, as University Degree, has been hosted in between 2016 and 2022 at the E.P.S Faculty of Architecture, San Pablo C.E.U University in Madrid (Spain). As an independent laboratory LSAAP develops events, workshops, somatic performances, installations and other international courses searching for multiple collaborations and exchanges.

LSAAP has travelled in between others to *Harvard University*, USA (2018), to the *HafenCity Universität* in Hamburgo (2019), to the *DanceHouse Lefkosia*, Nicosia (2021), to the *Reina Sofía Museum* in Madrid (2022) or to *Die Angewandte*, Vienna (2022); has created International Seminars in collaboration with institutions as the International Ambiances Network (France) or Reading University (United Kingdom) in 2018; It is part of the *Somatic Toolkit Program of interviews* together with Tim Ingold, Juhani Pallasmaa, Brian Massumi or Erin Manning (Coventry University) and of the research directory of the *Centre For Sensory Studies in Canadá*. Nowadays is also involved in the research project “*Navigating Dizziness Together*. An Arts-based Investigation of Dizziness in social and Physical Environments”, directed by Ruth Anderwald and Leonhard Grond and hosted at the University for Applied Arts in Vienna, Austria.

LSAAP encourage a program that aims to reconfigure architectural practices and their underlying imaginaries. They are precisely these imaginaries that should be reformulated if our intention is to build differently with respect to bodies, cities or the planet. Our intention is to recognise the multiplicity of bodies, multiple bodies and their peripheral situations, as valid models without superiority or control of one over the other, and from there, to approach the design of spaces and environments. This perspective gives value to the difference and originality of each living organism, making it both cooperative and supportive.

LSAAP deals with the study of our own organism in relation with the environment within a process that aims to extrapolate this knowledge to other systems. This study is conducted through twin sessions of theory and somatic research – mainly using the Feldenkrais method of Somatic Education – and embodied debates about selected texts. The theoretical lessons include bibliography, references and methodologies.



Somatic Education and Research



The program is structured according to different blocks.

SPACE NAVIGATION:

Notations
Components
Cognitive Maps
“Ecological Self”



LIVING SYSTEMS:

We are Planetary Matter
Fascia and Tensegrity, Biomechanics
Systems Life and Death
Interspecies relations

ANTHROPOLOGY OF THE SENSES:

Social and Political Body
Sensory Image
Sensory Systems
Synaesthesia and other Overlaps

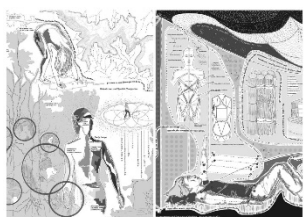


IMAGINATION:

Theories of Imagination
Utopia as a Method
Imagination and Politics
Radical Imagination

EMBODIED COGNITION:

Antecedents of Somatics in Architecture and Landscape
Pedagogy and Laboratories
Situated Cognition
Extended Cognition



As can be seen LSAAP offers a transversal view joining aspects of architecture and landscape with philosophy, anthropology, arts, biology, ecology or socio-politics in between others. Embodied cognition is intertwined with all of them.

The book “Espacio Somático. Cuerpos Múltiples” published in 2019 collects the academic and research territory of this somatic approach to architecture and landscape.

Somatic Courses

LSAAP can be developed in short courses, workshops or happenings but also can establish longer programs and collaborations. This is important for our lab and its sister platform (PSAAP) because through the laboratory we develop a study of Somatic Ethnography that is the basis for our design. This basis is a study of anthropology of the senses aiming to understand better the multiplicity of bodies – human and more-than-human – and their role in architecture. This experience enlarges and enriches the vision of the world attached to the nature-culture continuum and to the supportive relationships in between every kind of body.

Participants can expect:

1- To acquire interdisciplinary knowledge in relation to Architecture and Landscape, through studies referred to BODY and ENVIRONMENTS in their connections with Somatics, Philosophy, Socio-politics, Biology, Anthropology of the Senses or Ecology.

2- To be part of an ongoing research on EMBODIED COGNITION in academic studies and social groups.

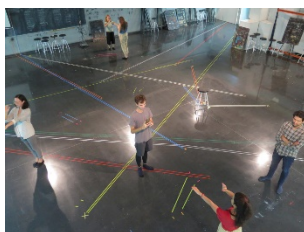
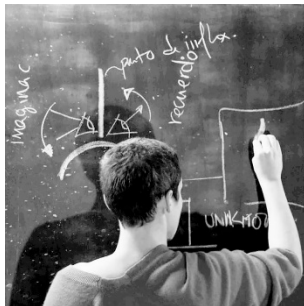
3- To improve their capacities in terms of SPATIAL NAVIGATION AND THINKING – spatial vision and qualitative and quantitative perception of environments.

4- To improve abilities in terms of STRUCTURAL THINKING – structural intuitions, systems analysis, extrapolation of physical qualities... all of this through the participant's own experience of body biomechanics and the initiation to the knowledge of body structural systems such as the fascia and its tensegrity.

5- To improve capacities in terms of INTEGRATION OF THEORETICAL CONCEPTS, learning in an embodied way and providing alternative ways of access to knowledge.

6- To be introduced to the field of ANTHROPOLOGY OF THE SENSES applied to Architecture and Landscape.

7- To work with IMAGINARIES OF BODIES and their POLITICS in relation to design.



You can have more details about the different aspects of LSAAP in our web within the area: "Lsaap. Laboratory and Workshops"

Check also in this link our national and international guests like Emanuele Coccia, Erin Manning, Robert Schleip, Jone San Martin, Susan Kozel, Narges Bazarjani, Marie Bardet, Cristina Palmese, Pedro Goucha, Ana Mombiedro or Malcolm Manning.



Fig. 1



Fig.1: Old Munitions Dump, Madrid, Spain

Fig.2: LSAAP at San Pablo C.E.U University. Faculty of Architecture. Madrid, Spain.

Fig. 2



Fig. 3

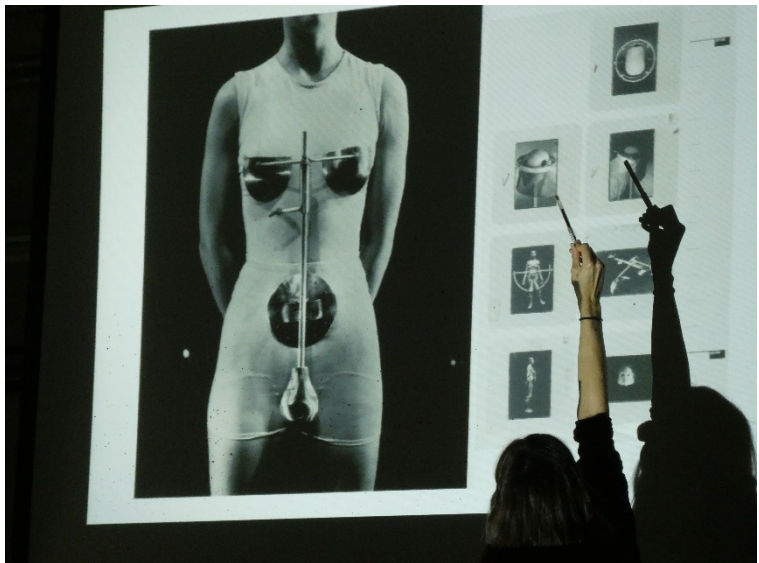


Fig. 4

Fig.3: Open air session in Boadilla del Monte, Spain.

Fig.4: Theory within LSAAP. Body images and 5 theories of imagination.

Fig.5: International Seminar. "We Are All Able Bodies", Madrid. Spain. Celebrated with the support of the International Ambiances Network and Reading University.



Fig. 5



Fig. 6



Fig. 7



Fig. 8

Fig.6: Session about
Synaesthesia, Madrid, Spain.

Fig.7: Old Munitions Dump,
Madrid, Spain.

Fig.8: Expo-Lab at the
HafenCity Universität,
Hamburg, Germany



Fig. 9



Fig. 10



Fig. 11

Fig.9: Anthropology of the Senses Lab. Madrid, Spain.

Fig.10: Theory within LSAAP. The hand: relationships in between design and the different species.

Fig.11: Participatory lecture and exhibition. Bilbao, Spain.



Fig. 12



Fig. 13

Fig.12: International Seminar.
"We Are All Able Bodies",
Madrid, Spain. Celebrated
with the support of the
International Ambiances
Network and Reading
University. Lecture by guest
Susan Kozel.

Fig.13: Somatic Landscape
and Ecology. Old Munitions
Dump, Madrid, Spain.

Fig.14: Session about
Synaesthesia, Madrid, Spain.

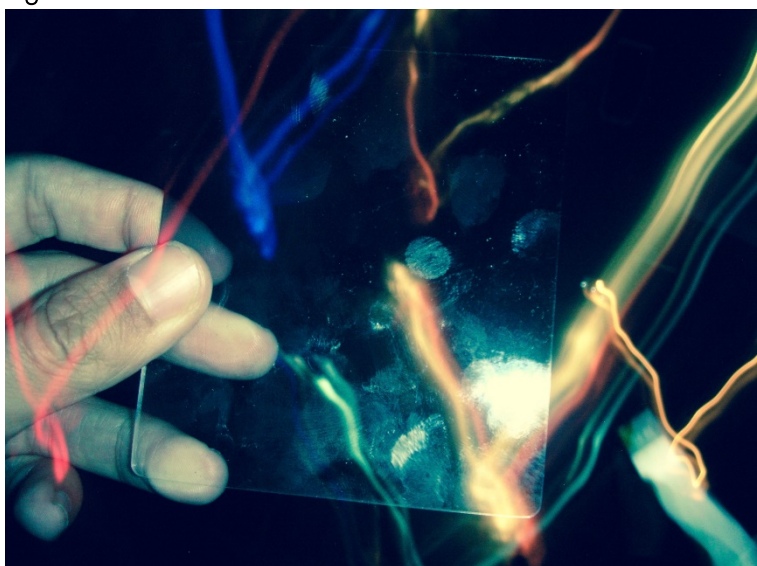


Fig. 14



Fig. 15



Fig. 16

Fig.15: Session LOOSE. LSAAP goes out into the city! Madrid, Spain.

Fig.16: Session with Malcolm Manning within LSAAP. Madrid, Spain.

Fig.17: LSAAP at San Pablo C.E.U University. Faculty of Architecture. Madrid, Spain.



Fig. 17



Fig. 18

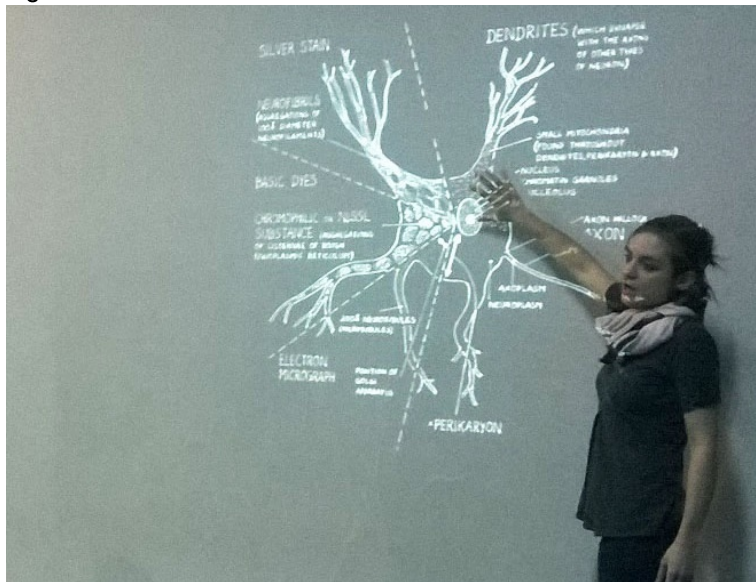


Fig. 19

Fig.18: Participatory session about imagination. LSAAP, San Pablo C.E.U University, Madrid, Spain.

Fig.19: Neuroscience and Somatics. Debates in contemporary architecture. Guest: Ana Mombiedro.

Fig.20: Tests about proprioception and spatial thinking. LSAAP, Madrid, Spain.



Fig. 20



Fig. 21



Fig. 22



Fig. 23

Fig.21: Happening at the
Reina Sofía Museum in
Madrid, Spain. (2022)

Fig. 22-23: Happening at Die
Angewandte, Vienna, Austria.
(2022)



Fig. 24



Fig. 24-25: Happening at Die Angewandte, Vienna, Austria. (2022)

Fig. 25

María Auxiliadora Gálvez

PhD in Architecture since 2012 and Landscaper. She is also Teacher of the Feldenkrais Method of somatic education by the Feldenkrais Institute (2018). She is professor at the Institute of Technology at the San Pablo C.E.U University (Faculty of Architecture) in Madrid, Spain.

Since 2016, she directs the "Platform of Somatic for Architecture and Landscape" (PSAAP) and its associated Laboratory (LSAAP). PSAAP develops research and projects of Architecture and Landscape. (www.psaap.com)

Between 2006 and 2010 she has been Coordinator for Panama in the International Cooperation Program of Social Housing developed by the Andalusian Government.

In 2002 she was selected for the 8th Venice Architecture Biennale and in 2018 her work was part again of the material selected for the Spanish Pavilion at the 16^a Biennale. She has been distinguished in national and international contests, highlighting the VI, VII and IX editions of EUROPAN.

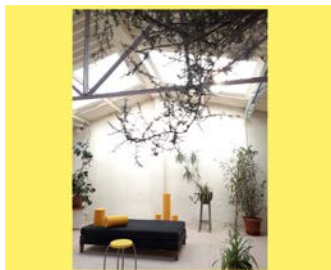
Her work has been published, among others, in "Natural Artificial" by EXIT.LMI, in the journals UHF, BAUWELT, Summa+, 2G, Deutsche Bauzeitung, Arquitectura Viva or in the monography "Excepto 21. Gálvez+Wieczorek". Her architecture has been exhibited several times, highlighting "Freshmadrid", "Génération European" and "Gran Vía Laboratory" promoted by the C.O.A.M, The French Institute of Architecture (Paris) and Telefónica Foundation respectively.

She is author of the books "[Espacio Somático. Cuerpos Múltiples](#)" (2019) and "[Descampados. Caminar los paisajes revolucionarios en la ciudad somática](#)" (2022).

As researcher, she has been part in between others of the Scientific Committee of the Congress "Middle-Class Housing in Perspective: From Post-war Construction to Post-millennial Urban Landscape" celebrated in Italy in 2012, or co-director of "We Are All able Bodies. From Sensory Deprivation to Sensory Augmentation" celebrated in Spain in 2018 thanks to the support of the International Ambiances Network.

Nowadays she works in Landscape and Architecture from an embodied point of view and researches the possibilities of movement and cognition in the pedagogy and development of these disciplines working in "Somatic Architecture".

She is member of the "International Ambiances Network" (France) and is part also of the research directory of the "Centre for Sensory Studies" (Canada)





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