

sacrededge²⁰²⁶

Cradle of Life

Plant Body Experience with Gregory Lorenzutti

BECOMING PLANTS – Our Bodies as Ecosystems is a site-responsive performance developed for the Sacrededge Festival 2026 created by choreographer, photographer and gardener Gregory Lorenzutti. It invites participants to experience the deep entanglement between human and vegetal life. Rooted in the understanding that our bodies are living ecosystems—porous, relational, and continuously exchanging with the more-than-human world—the experience proposes movement as a way of sensing and thinking with plants.

Through a series of inclusive community workshops, participants will engage in sensorial practices that attune the body to the rhythms of the surrounding landscape. Moving with and alongside the plants that inhabit the festival site, we explore breathing, listening, and subtle forms of attention that reveal the shared temporalities of human and vegetal life. Rather than observing plants as passive background, the process invites participants to encounter them as active presences and collaborators.

Drawing on ecological awareness and embodied research, the workshop cultivate a choreography of interdependence—where gestures emerge from the textures, growth patterns, and quiet movements of plant. The workshop series culminates in an open and informal site presentation, where performers and participants share a collective practice of “becoming with” plants. The result is a gentle, participatory performance that invites audiences to sense the landscape differently and to imagine new relationships of care, reciprocity, and kinship with plant life.

