

HANGAR X

Name / Organisation / Initiative / Kollektiv:

Dose of Pleasure

E-Mail:

doseofpleasure.alvin@gmail.com

Telephone:

[REDACTED]

Required space (in m²):

1000

Desired starting date:

Oct 2020

Duration of use (permanent, one time, recurring, occasional):

recurring 2hr sessions, once a week

Project / user description (issue, contribution to the common well-being, contribution to the dismantling of discriminatory structures):

Dose of Pleasure is a movement and meditation practice guided by Alvin Collantes that combines practices of meditation, sound healing, rave culture and 'Gaga' movement language. It is a movement research inside dancefloor setting - a space in which one can rise above oneself and reach a state where it is possible to recognize and let go of one's own blockages - physical /spiritual /emotional.

It started as a daily livestream during the Corona lockdown to combat the fear of the pandemic and soon evolved to outdoor sessions in Tempelhofer Feld, Treptower Park & Drachenburg Plateau hosting for 100+

FINANCING

Max. rental costs / month:

1000

Ideal rental costs / month:

400

Max. investment:

5000

REFURBISHMENT

This we can do ourselves:

portable sound system, cleaning the space

This should be there:

electricity, heating and lighting

We do not need this necessarily:

n/a

COMMUNITY

We can share (things, expertise, skills):

dance classes, project management lectures, consulting,

We want to become part of the Hangar X workshop (Sept - Dec 2020) and share following expertise:

We want to become a part of the Workshop #2: Structures for self-organizing and

I want to receive Torhaus Berlin newsletter (irregular): Ja Nein

By submitting the form, I/we declare and agree that the data provided by us will be stored, issued and processed within the framework of the „Hangar X“ project. Under no circumstances will data be passed on to third parties.

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length: approx. 100m /// width: approx. 50m

height: approx. 16m (partly 12m)

toilets (all gender): 1 x 5 cabins, 1 x 3 cabins



If you wish,
feel free to draw in
your desired location and
send it scanned / photographed to
hangar@torhausberlin.de.
Please write your organisation /
name on the sheet.

Quelle: Berliner Immobilienmanagement „Informationsheft zur Lokation Flughafen Tempelhof“

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Space for further thought, sketches, poems, critique, feed-back:

Video of Dose of Pleasure:

<https://vimeo.com/458892324>

Images & Videos:

<https://drive.google.com/drive/folders/16mCN9W65QZoaNh0O92udELH7yxKWmgMz>

“Thoughts on Dose of Pleasure” - a written piece by Gabriel Henschel

Like the waves around a stone that dropped into the water, people stand in circles at Tempelhofer Feld. They keep a caring distance, and move wildly at the same time. I'm astonished about the beauty that lies in this mix of order and mess. While scanning the crowd I recognize familiar faces. After exchanging gazes and smiles across the field, I'll focus my attention to my body. Instead of dissolving in the crowd of a club these open air dance sessions allow me to center myself.

The 'stone' in the middle of the circles is Alvin Collantes. While the whole set up of these events have the freshness of a flirt, Alvin is professionally equipped with a skin colored mic through which he paints pictures with words that touch my mind while the music moves my body. But as little as mind and body can be separated, the uniqueness of 'the Dose' lies in its ability to care for both.

Dose of Pleasure's growing crowd seems to be the one that misses the clubs, and these sessions seem to be a valve for the lock-downed-energy. But I feel this is more than a substitute – it's a dancer's wet dream: while maintaining the energy and pleasure of a club, you are fully awake, surrounded by fresh air, enough space, and the pleasure of movement can be felt crystal clear. While the focus lies on movement it is more than a mere exercise. To me it feels like nourishing what some thinkers call *potentia gaudendi* – the orgasmic fuel that drives everything – the sum of the potential excitement inherent to every life molecule which is untrackable, unreasonable and hopefully uncontrollable (although at the same time it seems to be the most material labor force in the capitalist system).

While being instructed to make my pelvis flirt with the people behind me I wonder why traditionally in western cultures people who identify with being a man are holding their hip while walking? Did men force men to keep their hip straight, or is it due to gravity and anatomic reasons? After a quite lively and intense session we lie down. Surrendering my weight to the ground brings me back to the moment. The music turned from a pulsing beat to a soft soundscape. It became the background of Alvin's voice that lets us imagine how our inner kid hugs our hearts after we threw our imaginary birthday cake around. His voice sounds sincere and urgent. It is a voice that comes from the moment we live in now; a voice that not makes me sweat but also moves my eyes' juices.

But what is so touchy here? Is it the heat of the moment, the music, the crowd? Or is it the power we feel of having pleasure with ourselves, being funny with ourselves and letting ourselves vibrate with our surroundings? With our moving feet rooted in the ground, and open watchful eyes we practice and nourish a solid flexible self – maybe the perfect position that allows us to love and care for others.