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ARIEL OSTERWEIS – dance and performance studies scholar/practitioner, professor, at CalArts
Living in one's body is an cultural context can be both empowering and disempowering. Dance environments are often a microcosm of societal forces that dictate taste in relation to disability/ability is scrutinized. On the other hand, practicing dance forms can also lead to a sense of confidence, freedom, pleasure, and even ecstasy. A life in dance requires discipline and rigor, resulting in the greatest sensation of climax, but also the possibility of injury. You learn to be resilient. Funny enough, I don't think I came to accept my body – a body capable of astonishing feats – until I lifted a few babies. I am much more comfortable in my body now as a queer mom than I was at age sixteen.



BRITT – Healing Justice community organizer

Reproductive justice is one of our main focuses as an organizer – working beyond just asking for our reproductive rights back. When I feel anxious and worried about harmful changes to reproductive law, I try to recenter in order to fight off resistance fatigue and reconnect myself to elevating and returning to ancestral forms of reproductive health. We should be having conversations with our abuelas, elders in our neighborhoods, community-based educators and come to a better understanding of how to take care of ourselves and others outside of relying on the state. This is the most fruitful and restorative use of our time. Changing reproductive law may grant us permission to seek out reproductive healthcare. I believe we need to start taking matters into our own hands and invest in mutual aid practices so we do not need to rely on the state. We need to build up our infrastructure for grassroots rapid response to state violence and poverty.

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