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Sommario/riassunto	In Western neo-liberal society, the human body is increasingly used as an »identity project« and »designable object«. Antje Velsing investigates these specific roles of the body and develops choreographic strategies for becoming unfamiliar to the own self and play as two means for emancipating the body from the neo-liberal imperative of optimization and control. Theoretical and practical artistic perspectives are in constant dialogue throughout this study. It uses the choreographic field as a gray area between theory and practice to imagine, propose, and rehearse an alternative approach to the body.

»Vor allem die anschaulichen Berichte aus der Probenpraxis und damit die Offenlegung von Wissen aus zeitgenössischen Tanzproben, das sonst meist verborgen bleibt, machen Spaß bei der Lektüre. Hier liegt insgesamt das große Potenzial von Velsingers Studie, da es sich dabei um eine der ersten Publikationen im deutschsprachigen Raum handelt, die eine künstlerische Forschung in dieser Form vermittelt.«  
Besprochen in: [www.portalkunstgeschichte.de](http://www.portalkunstgeschichte.de), 15.05.2024, Melanine  
Obraz tanz, Jahrbuch 2025, Falk Schreiber

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