

Body and Memories

A Creative Workshop Series for Women of the African Diaspora

How do memories live in our bodies? How do they shape our sense of heritage, identity, and belonging?

In this workshop series, we will explore together how memories are carried within our bodies and take shape through theatre, movement, voice, as well as collective reflection and creative practices.

We will pay particular attention to how experiences of colonialism, racism, displacement, and oppression leave traces in the body and are transmitted across generations. Together, we will share stories, experiences, and forms of knowledge that are often absent from archives, museums, and public narratives, while imagining new forms of belonging and building collective futures.

JOIN US for a first gathering to learn more about the project, meet the facilitators, and connect with other participants.

ABOUT US

Ana Valeria González (Theater Maker and Artistic Director at InterFemme* e.V.), Sonia Abebe (Research Fellow at the RJM museum/Coordinator for the Project *Rematriation*) and Fabiola Arellano Cruz (Co-Head of Education and Programme RJM)

FIRST GATHERING

When: Saturday, 18 July 2026, 14:00–17:00 at the museum

This workshop marks the beginning of a series of creative and embodied workshops that will continue in the following weeks.

NEXT MEETINGS

Sat. 29 August
Sat. 5 September
Sat. 12 September
Sat. 19 September

Each session: 2:00–4:30 pm

GOOD TO KNOW

- Participation is free. Attending the full workshop series is encouraged, but not required. Please register in advance.
- No artistic experience is required, only curiosity, openness, and a willingness to participate.
- Childcare can be arranged if needed. Please let us know when you register.
- Snacks and refreshments will be provided.
- Language should not be a barrier. We will do our best to support communication and participation across different languages.

HOW TO JOIN

If you would like to participate, please send us an email with a few words about yourself with the subject line “Body and Memories”.

Email: Sonia.Abebe@stadt-koeln.de

ABOUT THE PROJECT

The workshop series Body and Memories is part of the larger project *Matrimoine / Rematriation*, which explores questions of memory, cultural heritage, belonging, and the visibility of women’s histories and knowledge in African collections in museums. This project is funded by Centre Marc Bloch.