

HORIZONTAL



A Festival on Practices and Politics of Lying Down

12./13.09.26

Saturday,
12 September 2026

Opening Hours Quiet Room:
10:00 a.m.–7:30 p.m.

Festival Day I

11:00 a.m.
Museum Garden &
Lecture Hall Ruin

Arrival & Attunement

11:30 a.m.–12:30 p.m.
Museum Foyer
Guided Tour (English)

Exhibition “Horizontal—Politics and Poetics from the Sickbed”

11:30 a.m.–1:00 p.m.
Lecture Hall Ruin
Workshop (English)

Raquel Meseguer Zafe,
“If We Could Rest Awhile”

1:00–2:00 p.m.

Break

2:00–2:30 p.m.
Lecture Hall Ruin
(English, German)

Monika Ankele and Nicole Schuchardt,
Welcome & Introduction

2:30–3:30 p.m.
Lecture Hall Ruin
Performance (English)

Harold Offeh,
“The Lounging Lecture”

3:30–4:15 p.m.

Break

4:15–5:00 p.m.
Lecture Hall Ruin
Performance (English)

Ania Nowak,
“Obelix Nutrix”

5:00–5:30 p.m.

Break

5:30–7:00 p.m.
Lecture Hall Ruin
Panel (German)

„Horizontale Zustände. Schlaf, Müdigkeit und Erschöpfung als medizinische, politische und ästhetische Frage“
with Alexandra Correll (physician specializing in sleep medicine), Fabian Goppelsröder (philosopher), and Surjo Soekadar (psychiatrist and clinical neuro-technologist). Moderated by Mirthe Berentsen (artist, writer, curator)

7:00–7:30 p.m.

Break

7:30–8:30 p.m.
Lecture Hall Ruin
Concert

Pia Achternkamp,
“Lounge Concert for Horizontal Listening”



bmm Berlin Museum of Medical History at Charité

CHARITÉ UNIVERSITÄT MEDIZIN BERLIN

Sunday,
13 September 2026

Opening Hours Quiet Room:
10:00 a.m.–8:00 p.m.

Festival Day II

10:30 a.m.
Museum Garden &
Lecture Hall Ruin

Arrival & Attunement

11:00 a.m.–12:30 p.m.
Lecture Hall Ruin
Workshop (English)

Anajara Laisa Amarante,
“Horizontal Bodies”

11:30 a.m.–12:30 p.m.
Museum Foyer
Guided Tour (German)

Exhibition “Horizontal—Politics and Poetics from the Sickbed”

12:30–2:30 p.m.

Break

2:30–3:00 p.m.
Lecture Hall Ruin
(English, German)

Monika Ankele and Nicole Schuchardt,
Welcome & Introduction

3:00–5:00 p.m.
MuseumsMeileMitte
Public Action (English)

Raquel Meseguer Zafe,
“If We Could Rest Awhile”

5:00–5:30 p.m.

Break

5:30–7:00 p.m.
Lecture Hall Ruin
Panel (English)

“Thinking and Creating from the Sickbed”
with Anajara Amarante (artist), Katharina Ludwig (author, poet, and artist), and Alexander Stahn (physiologist and space medicine researcher). Moderated by Nora Heidorn (curator and researcher)

7:00–8:00 p.m.

Break

8:00–9:00 p.m.
Lecture Hall Ruin
Performance (English)

Black Power Naps,
“Bedside Manner”
Navild Acosta and Shadow Fannie Sosa with guest performer Yocheved Zenaida-Cohen

Horizontal—A Festival on Practices and Politics of Lying Down

12 and 13 September 2026 at the Berlin Museum of Medical History at Charité

The festival “Horizontal” is dedicated to the multiple dimensions of lying down. Through performances, workshops, and conversations, international artists, activists, and scholars open up perspectives on horizontality in its cultural, historical, and bodily dimensions.

What forms of perception, action, and coexistence can emerge when bodies withdraw from the imperatives of productivity—often symbolised by the upright posture—and critically interrogate them?

In connection with the exhibition “Horizontal—Politics and Poetics from the Sickbed” at the Berlin Museum of Medical History at the Charité, the festival expands the exhibition space through performative, participatory, and discursive formats. It opens a shared space in which horizontality can be experienced as a collective practice.

Workshops & Public Action

Saturday, 12 September 2026 11:30 a.m.–1:00 p.m. Workshop / Lecture Hall Ruin

Raquel Meseguer Zafe, “If We Could Rest Awhile”

Open to disabled and non-disabled folk, this workshop explores horizontality, connection, and solidarity through guided rest, simple movement scores, and creative writing. Together, participants explore how we can inhabit and take up space collectively and reflect on experiences of resting in public. Participation is relaxed and flexible, with breaks and adaptations welcome at any time. The workshop also prepares Sunday’s Public Action, but can be attended independently.

Maximum 30 participants

Sunday, 13 September 2026 11:00 a.m.–12:30 p.m. Workshop / Lecture Hall Ruin

Anajara Laisa Amarante, “Horizontal Bodies”

Rooted in disability arts and crip culture, and in the lived knowledge of a body that spends time in bed—due to fatigue, to chronic pain, to the act of simply resting—this workshop invites participants to explore movement, sensation, creative writing, and collective care from a lying-down position. The bed is re-framed here not simply as a place of illness as synonym of passivity, but as a space of imagination, autonomy, and dance.

Maximum 25 participants

Sunday, 13 September 2026 3:00–5:00 p.m. Public Action / Public Space

Raquel Meseguer Zafe, “If We Could Rest Awhile”

A collective public rest across three sites in and around the Berlin Museum of Medical History. Open to disabled and non-disabled folk, the action takes inspiration from the spirit of a flash-mob, reclaiming public space through rest and sharing stories of disabled people’s experiences of trying to rest in public. The walk between the sites is part of the action. The route is wheelchair accessible, and everyone is invited to move at their own pace and join or leave at any time.

For the workshops and the public action, please register here: → museum@charite.de
For accessibility enquiries or assistance, please contact: → access.horizontal@posteo.de
You are welcome to bring your own mattresses and yoga mats; a limited number are also available.

Programme Contributors

PIA ACHTERNKAMP is a Berlin based composer and performer working with sound and live music. Her practice explores listening, atmosphere, and performative sound.

NAVILD ACOSTA is a Berlin based inter-disciplinary artist and activist and a Creative Capital Artist and Disability Futures Fellow. His work is informed by Black, queer and trans perspectives and spans performance, writing, and community-based practice.

ANAJARA LAISA AMARANTE is a Berlin based artist and researcher working with embodied and performative practices. Her work engages with bodily knowledge and situated experience.

MONIKA ANKELE is the director of the Berlin Museum of Medical History at the Charité, curator of the festival, and curator of the exhibition *Horizontal – Politics and Poetics from the Sickbed*.

JANINA AUDICK is a Berlin based stage designer and professor for stage design at the Universität der Künste Berlin.

ALEXANDRA CORRELL is a physician specializing in sleep medicine at Charité – Universitätsmedizin Berlin. Her work focuses on clinical sleep research and medical care.

MIRTHE BERENTSEN is a curator, artist, writer, and policy advisor. Rooted in a diverse educational background that spans literature, linguistics, art, and politics, her creative and advisory pursuits are deeply entwined with concepts of care.

MEIKA DRESENKAMP is a video artist and guest professor at the Universität der Künste Berlin.

NWAKOSO EDOZIEN is a stage design student at the Universität der Künste Berlin.

FABIAN GOPPELSRÖDER is a professor of art and theory at the Akademie der Bildenden Künste Karlsruhe. In his book *Asthetik der Müdigkeit* (2018), he examines the state of fatigue as a peculiar in-between space that eludes economic exploitation and the pressure to perform.

NORA HEIDORN is a researcher on the subject of “being horizontal” and curatorial assistant for the exhibition *Horizontal – Politics and Poetics from the Sickbed* at Berlin Museum of Medical History at the Charité.

AN KLEPEL is a stage design student at the Universität der Künste Berlin.

KATHARINA LUDWIG is a writer, poet, theorist, artist, and editor based in Berlin and London. Working at the intersection of critical theory, psychoanalysis, and philosophy, their practice spans from academic research to experimental writing to reading performances that explore the revolutionary potential of fragmented narratives.

ANIA NOWAK is a Berlin based performance artist. She approaches vulnerability and desire as ways towards reimagining what bodies and language can and cannot do.

HAROLD OFFEH is a UK based artist working with performance, video, and socially engaged practice. His work explores history, representation, and Black diasporic perspectives through re-enactment and participatory formats.

NICOLE SCHUCHARDT is a Berlin based creative producer for performing arts and curator of the festival.

SURJO SOEKADAR is professor for neurotechnology at the Charité – Universitätsmedizin Berlin, specializing in brain-computer interfaces. His work develops technologies to support people with disabilities and enhance autonomy, communication, and quality of life.

SHADOW FANNIE SOSA is an interdisciplinary artist, scholar, and activist working with performance, writing, and social justice practices informed by Afro-diasporic and Indigenous perspectives. Their work explores embodied and sonic methodologies of care, pleasure, and transformation.

ALEXANDER STAHN is professor of physiology in extreme environments at the Charité – Universitätsmedizin Berlin. He researches spatial disorientation and cognitive changes in extreme environments such as spaceflight. His research also explores how altered body orientation and prolonged lying affect our perception, cognition, and experience of the body.

YULEI YANG is stage design student at the Universität der Künste Berlin.

RAQUEL MESEGUER ZAFE is a UK based dance theatre practitioner. She identifies as disabled and works with rest as a creative impulse.

PEGAH ZAMANINEMATSARA is a stage design student at the Universität der Künste Berlin.

YOCHAVED ZENAIDA-COHEN, performing under the stage name Obliviana, is a musician and writer. She is originally from Florida and now lives primarily in Brooklyn, NY.

Information for Your Visit & Access



→ bmm-charite.de/ausstellungen/horizontal-festival

ADMISSION
The festival programme in the Lecture Hall Ruin, including all performances, workshops, guided tours, and the public action, is free of charge.

WORKSHOPS & PUBLIC ACTION
Advance registration is required. Please register here: → museum@charite.de

REGISTRATION
includes free admission to the museum on the day of your workshop or public action.

ACCESSIBILITY
If you have any questions about accessibility or require assistance, please contact: → access.horizontal@posteo.de

LANGUAGE
The festival will be held in English and German.

FESTIVAL CURATOR
Monika Ankele (bmm)
Nicole Schuchardt

PRODUCTION MANAGER
Isabel Coleman (bmm)

TECHNICAL DIRECTOR
Catalina Fernandez

SCENOGRAPHY
Stage design class of the Universität der Künste Berlin
Nwakoso Edozien,
An Klepel, Yulei Yang,
Pegah Zamaninematsara
Lead: Janina Audick and
Meika Dresenkamp

ACCESS MANAGER
Wanda Dubrau
Thomas Diafas

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WEBSITE
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The festival is funded through a Science x Media Tandem programme of Stiftung Charité and supported by the British Council and the Förderverein des Berliner Medizinhistorischen Museums.

With thanks to Hamburger Bahnhof – Nationalgalerie der Gegenwart and Futurium