



the village VOICE



Courtesy Recess

Canaries: Refuge in the Means

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By Rachael Rakes

"How do you want to die?" is the title of one of the workshops conducted by a duo of death doulas as part of this two-month-long residency and exhibition by the Canaries collective. The program was among several related events covering topics such as fecal microbial transplantation, autoimmune nutrition, radical vulnerability, and – still to come – workshops on calling in sick and astrology and trauma. During Recess's gallery hours, the space acts as a literal refuge for members of the group – who are united through their experiences with chronic illness – and anyone passing by. The space's sunny storefront area has been turned into a cozy resting space with a library of books on self-help, dietary health, and political theory, along with tea and filtered water. In the back, a meditation altar features several of the group's effects, transforming this ritual device into a reminder of all of the objects that impose themselves on the sick. This offering sums up a key personal and political part of the project: Canaries want to share what ails them, and they want to help you feel better.

"Refuge in the Means" runs through October 29 at Recess. [Click here](#) for program information.

DETAILS

Time: 12:00 p.m. - 6:00 p.m. every Tue. until October 29

free

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<http://www.recessart.org/canaries/>

LOCATION INFO:

Recess Activities, Inc. ▶

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[Chinatown](#)