

## Band 7:

### Studies on Squats

By the artist, dancer, and writer **Yon Natalie Mik**.

This evocative book uses the multifaceted posture of the “Asian Squat” as a lens to examine broader concepts of migration, illness, and resilience. In *Studies on Squats*, the body—in its most vulnerable and potent states—becomes a speculative site for reclaiming agency through new forms of protest that draw from ancestral strength, humor, and eroticism. This posture, rich with cultural resonance, provides an entry point to imagine ways in which the body can engage in acts of defiance against systems of oppression.

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