

Museum of Art and Design
Miami Dade College

Black Power Naps / Siestas Negras
by Navild Acosta and Fannie Sosa

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Black Power Naps / Siestas Negras

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Black Power Naps / Siestas Negras is an interactive installation replete with gauzy canopies, serene lighting, therapeutic sound vibrations, and other restorative props. It consists of six resting stations designed to provide joyful and relaxing relief from exhausting systems of inequality: the *Polycrastination Station*, *Black Bean Bed*, *Atlantic Reconciliation*, *Pelvic Floor*, *Oxygenation Swing*, and *Black Power Station*.

Correlating the exhaustion tactics once used to subjugate enslaved people with contemporary systems of exploitation and erosive fatigue, artists Navild Acosta and Fannie Sosa offer this “energetic repair” as a way to “reclaim laziness and idleness as power” for those historically deprived of it.

According to recent studies by institutions that include the Pew Research Center, the University of Pennsylvania, National Institutes of Health, and New York University, self-identified Black/African Americans get less sleep and experience a higher risk of sleep problems than self-identified Whites in the United States. Factors such as income inequality, discriminatory housing policies, over-policing, and inordinately high incarceration rates contribute to this racial disparity.

Taking the national “sleep gap” as its point of departure, *Black Power Naps / Siestas Negras* seeks to redistribute relaxation and downtime as a form of reparations. Against societal demands for the exhausting over-performance of black people, it is a space in which to idly contemplate our free time and thus, our freedom.

The artists will host a series of performative events throughout the duration of the installation. MOAD is also inviting local social-justice organizations to use the installation’s amenities for self-care and leisurely community-building activities.

Black Power Naps / Siestas Negras is part of *Where the Oceans Meet*, an exhibition of modern art, contemporary art, and archival material that resonates with the pioneering thought of two Caribbean writers, Lydia Cabrera and Édouard Glissant. Through a wide range of media, the works articulate various aspects of the two scholars’ thoughts on race, diaspora, colonialization, creolization, language, and territory, particularly with regards to Miami’s position in a world that never stops turning.

Where the Oceans Meet is curated by Hans Ulrich Obrist, Asad Raza, Gabriela Rangel, and Rina Carvajal. *Black Power Naps / Siestas Negras* is organized by Sophie Landres.

Performances

THURSDAY / OCTOBER 24 6:00–9:00 PM

NAVILD ACOSTA and FANNIE SOSA perform Guided Nap Meditations and DJ Soundscapes from Bed.

WEDNESDAY / DECEMBER 5 12:00–2:00 PM

NAVILD ACOSTA and FANNIE SOSA perform Guided Nap Meditations and DJ Soundscapes from Bed.

THURSDAY / DECEMBER 6 5:00–8:00 PM

NAVILD ACOSTA and FANNIE SOSA lead a Platonic Play Party Workshop that combines movement, sound, and discussion.

Organized by MOAD and Americas Society, New York, *Where the Oceans Meet* is made possible by the support of the Miami-Dade County Department of Cultural Affairs and the Cultural Affairs Council, and the Miami-Dade County Mayor and Board of County Commissioners. We gratefully acknowledge the collaboration of the Cuban Heritage Collection of the University of Miami Libraries, Diana Flatto, Assistant Curator of Visual Arts, Americas Society, Jose Antonio Navarrete, and Nadia Naami, as well as the generosity of all the lenders to the exhibition. *Where the Oceans Meet* is the third iteration of an exhibition project that began in 2017 as *Mondialité* at the Boghossian Foundation-Villa Empain in Brussels, and was reconceived as Lydia Cabrera and Édouard Glissant: Trembling Thinking at Americas Society in New York in 2018.



Located in Miami’s National Historic Landmark Freedom Tower, the Museum of Art and Design (MOAD) at MDC offers groundbreaking exhibitions and programs that aim to foster a reimagined Miami. Exploring the challenges and opportunities we face locally and globally, MOAD convenes artists, designers, and thinkers to address the urgent questions of our time. As the flagship museum of Miami Dade College, MOAD strives to be a catalyst for action and a place that empowers people to remake their city. MOAD follows the College’s lead in operating across Miami with its Museum Without Boundaries initiative, which takes place in city neighborhoods and invites everyone to be a part of the conversation.

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Museum of Art and Design at MDC

Freedom Tower
600 Biscayne Boulevard
Second Floor
Miami, FL 33132

Hours are

Wednesday	1:00–6:00 PM
Thursday	1:00–8:00 PM
Friday	1:00–6:00 PM
Saturday	1:00–6:00 PM
Sunday	1:00–6:00 PM

A program of Miami Dade College



Museum admission: \$12 adults; \$8 seniors and military; \$5 students (13–17) and college students (with valid ID); free for MOAD MDC members, MDC students, faculty, and staff, and children 12 and under

Accessibility challenges: please call (305) 237 7710 for details

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