

The Art of Attention~ saturday 7.12. 10am – 1pm

The way we see and respond to the world around us is directly affected by what we pay attention to, how we attend to our realities. If we attend one way, we interact a certain way. If we attend in an other way, we are likely to behave correspondingly.

What does it mean then to hone, nurture our awareness and observation? What form of instruments are available to us to be more present to our contexts? We must need know our body, our breath, our mind, and were it possible, our 'consciousness'!



The world's many histories teem with embodied practices that guide us in the act of being aware, in attending to our present. This workshop shall approach observation, focus and attention practices embedded in Yoga traditions. We will wrestle with popular notions of body, breath and mind~ debating, sometimes discarding problem-ideas. We will grapple with non-mainstream ways of building practices situated in Yoga-s.

Practitioners as well as teachers in embodied traditions alongside Yoga are all welcome for this worklab. Prior knowledge or understanding is not required either~ participants wishing to explore body, breath and attention practices freshly are also welcome.

Uprising~ sunday 8.12. 10am – 1pm



This three-hour long worklab intends to address entries into the breath and voice, while also learning from music and songs of important revolutions particular to India. Participants practising music, song and voice cultures of any kind are as welcome as those who wish to explore and discover a rising of their own voices freshly. For those interested, no prior experience is expected at this worklab. We will together focus on the act of breathing, on voicing, on singing too in languages situated in India.

The breath and voice are fascinating and revolutionary phenomena. They are political, in the sense that our social realities affect our breath, the nature of our voices. Throughout history and across the world, change and challenge to status quo has had its roots in the act of speaking up, in letting the voice sing, make poetry and music to the cadence of revolt. Revolts for rights, revolutions for equity, calls for justice, uprisings for community.

Workshops Honorarium:

Sliding scale~ 40€ to 90€

{Participants may choose to pay any fee within the spectrum– the base end of the spectrum is 40€, the higher limit of the spectrum is 90€}

Last date for registration: 21st November 2024.

saturday and sunday 7./8. of december 2.30 pm – 9.30 pm

TENDING TO THE INNER GARDEN

One- on- one, individualised meetings for therapeutic care informed by Yoga traditions

§ BUILDING AN INDIVIDUALISED PERSONAL PRACTICE

§ SPECIFIC INTERVENTIONS ADDRESSING ASPECTS/CONCERNS OF THE BODY AND BREATH

§ CONVERSATIONS; UNCONDITIONAL LISTENING

§ SUGGESTIONS FOR ALTERNATIVE DAILY LIVING PRACTICES, PERSONAL RITUALS

§ REFLECTIVE PRACTICES FOR THE NURTURANCE OF A POLITICS OF CARE; ACKNOWLEDGING ATYPICALITY AND UNIQUENESS WHERE NEEDED

§ REFLECTIVE APPROACHES TOWARDS FINDING PERSONAL BALANCE, NAVIGATING DIVERGENCES- OF- BEING

Caregiving Honorarium:

Sliding scale~ 40€ to 90€

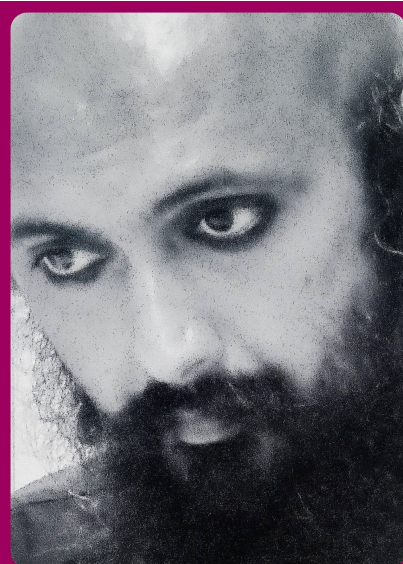
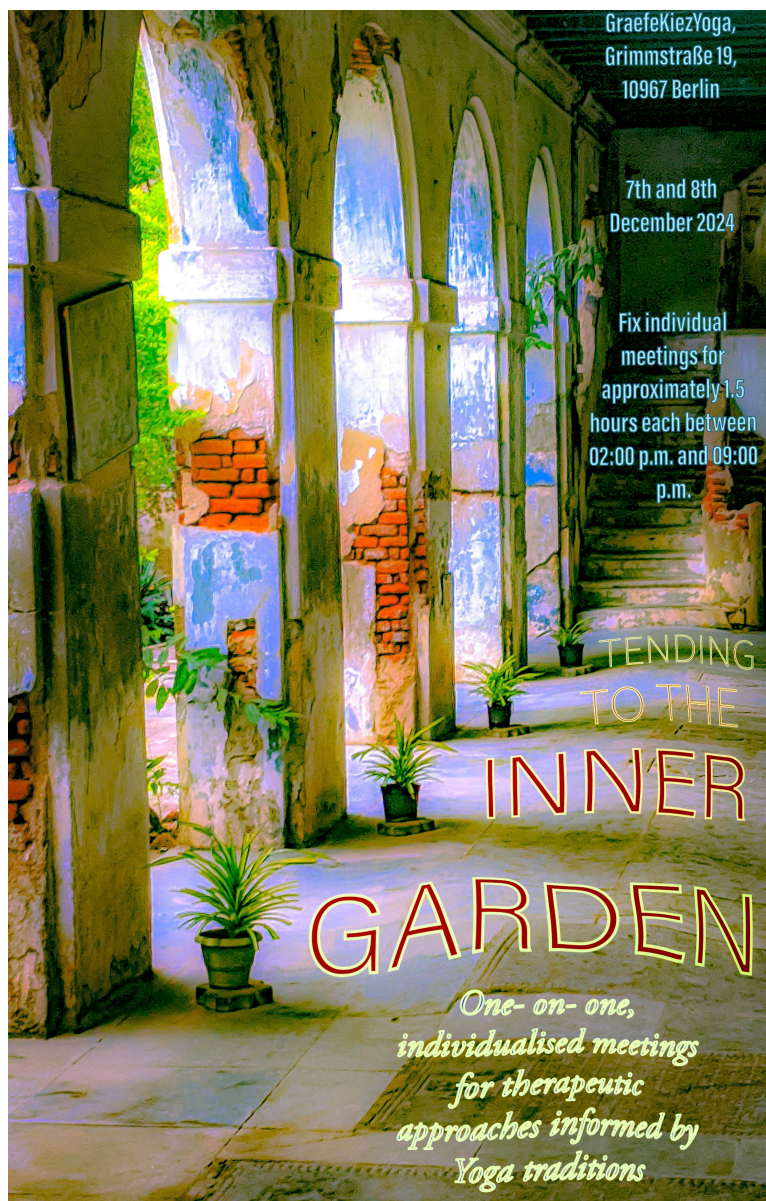
{Participants may choose to pay any fee within the spectrum- the base end of the

For enrolment/ registration and all other relevant details/ queries please write to:

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FACILITATION BY VARUN

VARUN'S WORK AND PRACTICES INTERSECT AT VARIOUS JUNCTIONS OF PERFORMANCE, THEATRE, DESIGN, POETRY, MUSIC, PHILOSOPHY, EDUCATION, SOMATIC- EMBODIED PRACTICES INCLUDING YOGA-S, SAMKHYA, BUTOH, ALONGSIDE OTHER TRADITIONS. SUPPORTED BY INDEPENDENT CRITICAL RESEARCH AND TRAVEL- TEACHING EXPERIENCES ACROSS INDIA AS ALSO OUTSIDE THE COUNTRY, THEY DEEPLY ENJOY CO- HOLDING LEARNING SPACES TOGETHER WITH STUDENTS AND CO- WORKERS. THEIR WORK DRAWS INSPIRATION FROM AND IS BASED ON ORAL AND WRITTEN HISTORIES AS ALSO THE RELATIONSHIP OF GENDER, CASTE, SEXUALITY, 'DIS' ABILITY, EDUCATIONAL AND ENVIRONMENTAL INJUSTICE HEGEMONIES WITH THE SOCIAL POLITICS OF OUR TIME.