

Zum Thema Freiheit - Approaching Freedom

Zuflucht und Drang - Refuge and Urge

Hybrid - Workshop and Sharing Research with M. Dick and B. Mainz
29.05.-02.06.2019 in Halscheid



"On the subject of freedom - Approaching Freedom" introduces a new format with more participation of the participants. It is our wish to set a prelude to a series of participatory workshops - and to move in this way with relevant, contemporary issues.

In addition to joint and guided practice in the morning, there will be free, exploratory, individual or communicative practice in the afternoons and evenings; time for us to exchange, to share our experiences, approaches, to discuss and perform.

What does freedom mean to us and how can we experience or possibly embody it? Is it freedom from or freedom to something? Is it to be found within us or do we long for an outer freedom? Does it show to us as a fire, as an urge, or do we feel freedom as a place where nothing can unbalance us so quickly? Is freedom a certainty beyond what has been learned and adopted, or is freedom to be found right there in the critical examination of the learned? Can the encounter with the foreign and 'other' be liberating? What is the relationship between freedom and time? Is it a utopia, a vision of the future or our true nature, to be found only in the here and now?

In the mornings Michael Dick and Bettina Mainz will guide the process into the physical experience of movement and, among other things, explore:

Freedom as an Art of the Self - Pribadi Art and Messenger Art - to distinguish

Freedom in sensual participation

Freedom as potential - radical following sensation accuracy, sensibility and motivation
(not-knowing, not-interfering, non-doing, non-being)

In our joint seminars in Berlin, these were the three topics we dealt with and that's where we started to realize what was touched here. We began to combine them with **the subject of freedom**. Therefore, we would like to reintroduce them in the mornings (3.5 hours) and

expand them to '**freedom**'; and we are curious to see where this will lead us together with your concerns and interests.

In the afternoons and evenings, there will be time for individual or joint exploration; Wishes, tryouts, questions and needs of any kind that touch our sense of freedom can be followed.

Cost: 200 - 300 € depending on your possibility

Course start: Wednesday 29th - 7 pm - dinner together at 6 pm

End: Sunday 2nd - 5 pm

Where: Hof Kuppen in Halscheid, near Waldbröl / Cologne

<https://www.aryatara.net/seminarhaus> please book your accommodation directly here!

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www.schule-der-bewegung.net