

Group Workshop

[Title TBD]

Matthew & Nidhi

The Everyday

- Every day is kind of like a rollercoaster. It's never one straight line of emotions, moods, environments etc. Sometimes we create walls around us to protect us, but at times these are the walls stopping us achieving a better understanding of ourselves and our relationship with our mind and body.

What is this workshop about?

- In this workshop we will look understand, appreciate our flaws as our imperfections are a part of us that make us unique.

Part 1 (10-15mins)

- We will start with a meditation workshop where we might look at ourselves, close our eyes, lie down, and just spend some time with ourselves.
- We will exit the meditation, answer a few questions regarding what we thought of, found, discovered, rediscovered, tried to avoid, purposefully didn't think about...

Part 2 (approx. 40 minutes)

- We will be guided into the project room (or from the project room to the soddy lab) by a demon of doubt. There will be boxes on or in which we will be able to express ourselves. We will write and fill the space up with words, notes, texts, paragraphs; whatever we want to describe our emotions... this can be done in groups too. It doesn't have to be about our inner self or something extremely personal, it can be about something that is troubling us in our day-to-day lives. (This segment may be accompanied by noises in the background or music and more)

Part 3 (approx. 40 minutes)

- After we finish with writing, we will take in the environment of the project room/soddy lab as there will be changes in light and sound.
- We can cut up parts of our boxes and add lights below/over them and create an installation together.

Part 4 (approx. 20 minutes)

- We will end the workshop with a reflective session via holding a water balloon, in order to symbolise your burden both physically and mentally.
- The balloon will be smashed outside (to avoid mess) and will hopefully lead to a cathartic resolution for the workshop.

Notes

- Time can be tweaked during the workshop, leaving time to clean up.
- There will be a break between Parts 2 & 3 (15 minutes or so).
- Dressing up in comfy clothing would be ideal.
- Regarding the meditation or music, we are open to suggestions 😊

Materials Needed

- Chairs, cushions, boxes, lights, lamps, pens, markers, balloons, speakers, coloured lights