MINDFULNESS and CREATIVITY

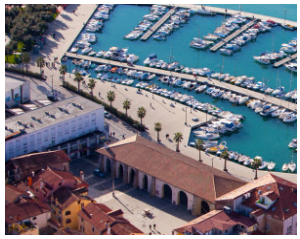
August 22 – August 26, 2019
Koper, Slovenija

Photo taken by Nataša Bernard during the Mindfulness and Creativity 2014

Participants of the Mindfulness and Creativity (The Annual 5-days Creative Arts Retreat) will be invited to experience the creative arts process as a mindfulness practice. In our first-person research of the subtle qualities that mindfulness based arts practice can bring to lives and professional practice of educators, occupational and arts therapists, psychotherapists as well as health care/social workers and other helping professionals, we will be using various expressive arts modalities (movement, sound and voice, drawing, paper collage, photography and creative writing).

Our movement practice will be focused on *The Discipline of Authentic Movement* (AM), one of the central approaches in contemporary dance-movement therapy; its key theoretical concepts, methods/principles/elements and forms of performance, however, are also present in creative and reflexive processes of different psychotherapeutic, artistic and educational practices, in DMT Supervision and Creative Supervision, in Arts Based Research. Its roots are in Carl Gustav Jung's technique *active imagination*, therefore it is also known by the names *movement-in-depth*, *authentic movement*, *active imagination in movement* and *the moving imagination*.

Our studio work will take place at the Rotunda Cultural Centre, situated at the heart of the Koper Old Town, with several accomodation options and the sea a few minutes walk away. Koper can be easily reached by plane (the nearest airports are Trieste and Ljubljana), train, bus or car.



Daily Schedule (studio work, from Thursday to Monday)**:**

Thu: 19–21.30
Fri /Sat/Sun: 9 –12 hrs & 14–17 (lunch break from 12 to 14 hrs)
Mon: 9–12

We'll be also working outside the studio, at dawn and during the early mornings, in the wonderful environment of the Sečovlje Salina Landscape Park and Škocjanski Zatok Nature Reserve.

Participation fee: **250 EUR** (per person, maximum number of participants in a group is 8)

Language: **English**

Application deadline: **June 15, 2019**

Reatreat leader: Aleksandra Schuller holds a PhD in Literary Sciences (Performance Studies), MA in Arts Therapies, BA in Comparative Literature and Literary Theory. She is a registered dance-movement therapist with postgraduate specialization in Authentic Movement (with Janet Adler as her teacher), founding member and first president of the Slovenian Association of Dance Movement Therapists; an experienced performance artist and educator. Since 2006 she is part-time employed at the University of Primorska (Koper, Slovenija), where she lectures at the Faculty of Humanities and Faculty of Education: focus of her pedagogical and research work is on arts therapies, arts based research, performance studies and creative supervision. With almost two decades of creative arts teaching practice in academic, lifelong learning and clinical settings, Aleksandra Schuller has also been a guest lecturer at Arts Therapies Postgraduate Programme at Faculty of Education (2007-2009) and Academy for Theatre, Radio, Film and Televison (2012) at University of Ljubljana; Instutite Knoll for Music Therapy and Supervision, Kranj, Slovenia (2015, 2016, 2018); at Creative Therapies Department at HAN-University of Applied Sciences Nijmegen, Netherlands (2007, 2015), Hochschule für Künste im Sozialen Ottersberg, Germany (2009, 2015, 2019) and University of Malta (2008).

For further information please email to: **aleksandra.schuller@guest.arnes.si**

MINDFULNESS AND CREATIVITY 2019
APPLICATION FORM

Name:_____

Permanent residence adresss:_____

Email: _____ **Mobile phone:** _____

Professional qualifications: _____

A short CV, focused on experience that you may have in Creative Arts (dance-movement, music, visual arts, drama and theatre), Arts in Education/Therapy, traditional and contemporary mindfulness approaches/methods (like Yoga, Tai-Chi, Focusing, Authentic Movement etc.) and personal therapy. I kindly ask you to mention any health condition that you're experiencing and you feel it should be known to group facilitator and/or the group members (special needs/requirements). Please, close your CV with a brief description of your motivation for participation at the Mindfulness and Creativity reatreat:

I am applying for a place at the *Mindfulness and Creativity*, *5-day Creative Arts Retreat* (22-26 August 2019, Koper, Slovenija), led by Aleksandra Schuller.

The cost of the seminar is 250 EUR and concerns the tuition fee only. Participants are responsible for organizing and paying for their own travel, accommodation, meals and all other personal expenses.

I understand that if my application is approved (the notice will be sent by email, together with the receipt in pdf. format) **I will transfer the participation fee by July 1, 2019 to the following account:**

Account Holder Name: Aleksandra Schuller
IBAN (International Bank Account Number): SI56 0204 2100 0353 287
SWIFT/BIC (Bank Identifier Code): LJBASI2X (Nova Ljubljanska banka, Trg republike 2, 1520 Ljubljana, Slovenija)
The purpose of transfer: EDUC (Education, Mindfulness and Creativity 2019, Participation Fee)
*Bank charges are responsibility of the participant and should be paid in addition to the registration fee, at your bank.

Place/Date: Signed: