

Workshop descriptions

Music Workshop

Darron Hudson (Skoob)

Tap into your subconscious and express yourself through music. This workshop will use music as the vehicle to self-discovery and -expression. The focus of the workshop will be the journey we will take through our dreams, be it those we have at night or our daydreams.

The participants will write, arrange and perform their own original songs, lyrics and music.

Skoob will share his experience, give advice and assist.

Theatre: Fairy Tale Workshop

Dorrotya Büky und Edith Kröber

Encounter yourself within a group that works out its own fairy tale, using the archaic elements of real fairy tales for adults, interwoven with your personal experiences.

The journey starts with questions from the IKIGAI philosophy. With these as our compass, we will use elements of fairy tales to write a play that will be performed on the third and final day.

The workshop is based on Andrew Feldmár's and Dorottya Büky's therapeutic and consulting work and their well-known work with prisoners in Hungary.

Fine Arts Workshop

Sebastian Schmidt

Fine Arts as a means of self-reflection – You are the artist of your life!

Intuitive art creation is akin to active day-dreaming and opens a path to the subconscious. The questions and themes that we are subconsciously dealing with will have room to come to the forefront. The stage and conditions for this are ideal in this non-judgmental space.

One does not need artistic talent; the focal point of the workshop is our creative process as well as the thoughts and feelings that thereby arise. These can be exchanged during the presentation of our pieces of art in the group.

If we decide to share with each other, our outsider's viewpoints will be gifts to each other. We will gift the other new perspectives on what they experience and feel.

We will mainly create with acrylic paint and paper.