

WORKSHOP

WU WEI & IMPROVISATION

31ST JULY & 1ST AUGUST 2020 ON ZOOM



Wu Wei is the sense of letting go, of letting yourself be spacious so that the universe can come in. It doesn't mean no in the sense of not doing anything, rather no in the sense of the absence of trying and effort and ambition and duality.

Denys Blacker
Tew Bunnag
Tracey Warr

For more information and inscriptions:

info@gresolart.com

TRACEY WARR

Tracey writes in the vicinity of art producing fiction and non-fiction. Her publications include *The Midden* (Garret, 2018), *Remote Performances in Nature and Architecture* (Routledge, 2015), *The Artist's Body* (Phaidon, 2000), and award-winning historical novels and future fiction.

She was writer in residence for; Exoplanet Lot, Maison des Arts Georges et Claude Pompidou, France; Zooetics with Jutempus in Lithuania and at MIT; The Edge Effect with the Centre d'Art

i Natura, Catalonia; *Frontiers in Retreat* with HIAP on Suomenlinna island, Finland; and *River Runs* with Nomeda & Gediminas Urbonas and Giacomo Castagnola at Modern Art Oxford, UK. She has previously taught on art programmes at Oxford Brookes University, UK; Dartington College of Arts, UK; and Bauhaus University, Weimar, Germany. She is currently Head of Research and teaches on MA Poetics of Imagination at Dartington, UK.

www.traceywarrwriting.com

Twitter: @TraceyWarr1

Facebook: <https://www.facebook.com/traceywarrARTwriting/>



WRITING WITH

Writing With is a workshop exploring writing with the body and with the more than human. It will include exercises in automatic writing, durational writing, water writing, light writing, and writing with spaces and sites. Tracey Warr's recent workshops have included a writing session in Esther Ferrer's Masterclass with Intangible Environments, Catalonia; *An Ecology of Words* at HIAP, Finland; *Creating Fictional Worlds* at A Chapter Away, France; and *Writing at the Castle*, France. She was recently writer in residence in Microhabitable at Matadero and Inland, Madrid, where she developed a text following a water drop around a botanical glasshouse. A selection of her workshop exercises are published in *The Water Age #2: Art and Writing Workshops* (Meanda Books, 2018).



TEW BUNNAG

Since 1975 he has been a lay teacher of meditation and Taiji, and has written various books and articles on the subject. In 2000 he began to work for The Human Development Foundation in Bangkok and is a past member of the board. In Spain since 2007 he has participated in the Death and Dying Symposiums organized by the University Hospital of Elche. He has also given courses and workshops in the Secpal (Spanish Society of Palliative Care) conferences and for Eaps (Equipo de Atención Psicosocial). He has been invited to lecture and teach in various hospitals throughout Spain, and given courses on Death and Dying in the U.K, Portugal, Greece and Thailand. Apart from his public work he also accompanies people entering their terminal stages, as well as give counselling to the family members. He was a founder member and president of the Vinyana Association that offers training to both professionals and non-professionals in providing Spiritual Companionship, and is advisor to the Costa Brava Hospice Association and to the Metta Hospice Foundation. He continues to give courses in Taiji, Qigong and the Yijing.

www.tewbunnag.com
<http://www.vinyana.org/>

THE FORMLESS

I will be sharing practices and exercises from Taiji and Qi Gong with the intention of experiencing the vibrational as well as the fluid energy of the body and others that will help us explore the Formless. Previous experience is not necessary.



DENYS BLACKER



Denys Blacker is a visual artist whose practice spans performance art, drawing, sculpture and video. She has lived and worked in Catalunya since 1987 and has been making live art works internationally for over 30 years. She works alone and with the international performance group *Wolf in the Winter* and in the all-women group *Ocells al Cap*.

As director of Gresol, a non-profit association, she organises events, meetings and residencies related to performance art.

Her work has developed as a process, an exploration of the fine lines that run between thought and feeling, between intention and action.

www.denysblacker.com

BEYOND THOUGHT

We will explore a series of group actions to allow the less conscious layers of individual knowing to emerge. This is not a passive state but a heightened attention of potentiality, in which all possible action is tenuously imminent. It is the widening of focus to include those things we cannot see or hear but that bring us knowledge from areas of consciousness that are beyond logical thought modes and habits.



TIMETABLE

The time zone is European (one hour ahead of UK)

Friday 31st July 2020

19 00h Introduction to the course with Tew, Denys and Tracey

19 30h - 21 30h Tew Bunnag - *The Formless*

Saturday 1st August 2020

11 00h - 13 00h Tracey Warr - *Writing With*

15 00 - 17 00h Denys Blacker - *Beyond Thought*

17 15h - 18 00h Questions and closure with Tew, Denys and Tracey

PRICES AND PAYMENT

The total cost of the course is 50 euros and must be paid by transfer before the 23rd July 2020.

For details of payment and information: info@gresolart.com