

# WORKSHOP

## FULL ATTENTION

21-22 MAY 2021 ON ZOOM



Denys Blacker  
Tew Bunnag  
Tracey Warr

For more information and inscriptions:

[info@gresolart.com](mailto:info@gresolart.com)

# TRACEY WARR

Tracey Warr writes 'in the vicinity of art'. Her installed text projects include Meanda, a site-based text work in the Exoplanet Lot exhibition organised by Maison des Arts Georges et Claude Pompidou in France (2016). She has published five historical novels set in early medieval Europe, a collection of short future fictions, and books and articles on many contemporary artists. Her most recent fiction publications are *The Anarchy* (Impress, 2020) and *The Water*

*Age and Other Fictions* (Meanda Books, 2018). Her recent publications on art include *The Midden* (Garret, 2018) and *Remote Performances in Nature and Architecture* (Routledge, 2015). She is Head of Research and Reader in Poetics of Imagination at Dartington Arts School. Her previous teaching posts include Oxford Brookes University, Glasgow School of Art and Bauhaus University.



<https://traceywarrwriting.com>  
<https://www.facebook.com/pg/traceywarrARTwriting>  
<https://twitter.com/traceywarr1>  
<https://www.instagram.com/tracey.warr.9/>

## CLOSE ENCOUNTERS

In this workshop we will be paying hyperattention to our immediate surroundings – the room, the house, the garden, a nearby walk. We may examine the sonic aspects of our surroundings, look with fresh eyes at miniscule details, encounter previously overlooked textures and scents. We will imagine our way into the histories and future adventures of what we encounter, which might be other lifeforms or apparently inanimate objects. We are aiming to generate text, photographs, drawings, or simply experiences that can be used in our future work as artists or that we might draw on in voyages into our inner landscapes, or in our dynamic immersions in the more than human world around us.



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

## FULLY PRESENT

Being fully present is something that comes through practice. It involves a coherence between body heart and mind, these three harmonized into one consciousness. In this workshop I would like to share some basic practices from the Taiji that help us to develop this way of connecting to both the inner as well as the outer landscape.



# 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](http://www.denysblacker.com)

<https://ocellsalcap.com>

[gresolart.com](http://gresolart.com)

# MUTUAL PRESENCE

In this workshop we will explore the possibilities of presence as something to be mutually experienced. The focus of our intention can be enhanced or distracted by others, and through improvisation and intuitive exchange, we will be looking for ways to become more aware of the extent to which others influence our thoughts and action.



# TIMETABLE

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

## **Friday 21 May 2022**

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

19 30h - 21 30h Tew Bunnag - *Fully Present*

## **Saturday 22 May 2021**

11 00h - 13 00h Tracey Warr - *Close Encounters*

15 00 - 17 00h Denys Blacker - *Mutual Presence*

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

# PRICES AND PAYMENT

The total cost of the course is 60 euros and must be paid by transfer before the 18th May 2012

For details of payment and information: [info@gresolart.com](mailto:info@gresolart.com)