

A...kademie der bildenden Künste Wien

Exhibit Studio

Stressless Space

22.3. - 2.4.

Workshop Descriptions

Tarot Reading

by Yasemin Duru

22.03: 10:00 - 12:30 &

29.03 11:30 - 14:00

We invite you to join Yasemin Duru for some personal tarot readings where the cards will be used as a tool for reflection and support during these unprecedented times.

We can stumble upon hope and inspiration anywhere, at any moment, sometimes in the most unexpected places.

Yasemin Duru is a very experienced tarot reader and invites participants to join her for personal sessions, each 15-20 minutes long. Registration via exhibitstudio@akbild.ac.at

Meditation & Drawing Session

Inner Landscape

by the collective fuvu - füruns von uns

22.3. 15:30 - 17:30

The workshop of the collective fuvu - füruns von uns deals with the topic of "inner landscape" and is about returning to the silence and exploring the space within oneself. There will be a guided meditation (German) followed by a drawing session. The duration of the workshop is about 1,5 hours.

*Even though the meditation is in german, we consider the session suitable even for those with little knowledge of german, as the drawing session takes place in english and german.

Sculptural Improvisation

by Diana Barbosa Gil

24.3. 12:30 - 17:30

We explore what it means to build sculptures with materials that are immediately available to us. Material that we could find on the street, in nature or in the leftovers in the studios. From this fund we will build sculptures

and talk to each other about what improvisation does to us when building. The course is aimed at anyone who wants to get involved.

Body Practice “Fluid Set: a tributary of limbs”

by Agnes Bakucz-Canario

25.3. 13:00 - 17:00

A session that engages with various methods of connecting with the fluid body, allowing a deep glimpse into our subconscious, archetypal and primary movement patterns, as well as a shifting spatial and social sense. As we delve further, we may evoke “emo-drag” personas, to build up a communal ritualistic occasion, in which to express porous and liquid individual and collective fantasies/sensibilities; of depth, desire, multiplicity in gender, sensuality, ego and sacrifice. As a means of healing through symbolism and invocation of the watery worlds of and about us, as a means of a shifting energies for a collective experience, and banishing coldness and neutrality - the telltale symptoms of arid and infertile neo-liberalist modes of relation.

Listening Session

by Rent

26.3. 14:00 - 15:00

<https://soundcloud.com/eula123>

Stressless Space presents Stressless Body

by Silk Graf

28.3. 14:00 - 17:00

Stress is a physical condition. We FEEL stressed, which means that there are regions/systems in the body that respond to stress stimuli.

No matter if it is current social stress - often intensified by a socially marginalized position e.g. through race, class, gender - or stressors or stressors from your past that repeat repeat themselves like a pattern.

In this practical workshop you will learn more about the effects and causes of stress, but also what you can do yourself to better regulate yourself and your nervous system.
One thing first: resilience requires practice.

Please bring comfortable clothes and an openness to play.
Open to all genders.

Silk Graf (they/them) is a yoga teacher, shiatsu practitioner and has been experimenting for many years with different approaches such as Somatic Experiencing, Yoga, Trauma Sensitive Bodywork, Qi Gong and Postural Restoration.

Writing in Relation

by Jackie Grassmann & Simon Nagy

31.03. + 01.04.

14.00 - 17.00

"There must be the understanding that there is nothing, nothing, nothing, absolutely nothing that you can do to improve, transform, or better yourself", write Stefano Harney and Fred Moten, themselves quoting Krishnamurti. Writing with others – be it in collaboration, or by inviting the other into our writing – pays tribute to the fact that we never produce anything alone; least of all ourselves. One strategy of dealing with the stress of everyday life is finding the tiny gaps to note our feelings and thoughts, bringing them to paper.

In a number of small exercises, we will produce short texts. The modes of sharing will be decided by the participants. Working language is English, but please feel free to write in whatever language you prefer. The workshop will be held in two parts that can be joined independently of each other.

Listening Session

by Lucia Kagramanyan

2.4. 13:00 - 15:30

<https://www.nts.live/shows/panorama-yerevan>

<https://soundcloud.com/luciakagramanyan>