

Compassionate Brush

A Workshop on Calligraphy and Communication Practice

Making a mark, with brush and ink, brings vision down to earth - through the body - onto the page. The practice of Nonviolent Communication is also a grounding act. How we speak can express our embodied awareness and lead to connection with ourselves and others. We will explore this interweaving of silence and form, space and body, aloneness and connection through brush stroke and dialogue.

We will be working with small and large brushes and buckets of ink, exploring visual, verbal and body oriented expression. This workshop is for anyone interested in lively self inquiry.

Barbara Bash has been walking the calligraphic path for many years with an interest in Buddhist sensibility as expressed through western art forms. She was a longtime student of Chogyam Trungpa. More recently she has been working with Nonviolent Communication and Focusing practices. She is intrigued to explore the combining of these deep and rich communication disciplines.

Barbara says about this workshop: 'Bringing communication "onto the page" is what excites me here. Bringing what is inside - out - what is invisible into the visible. Then folding it up and letting go - conversing with my life in the best way!'

When, where? March 24th 2012, 10 AM-5 PM,
Kenkon, Wageningen (Holland)

Costs: €95,- (coffee/tea, lunch and
art materials included).

Registration: www.bisho.nl/compassionatebrush

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