

ZEN POTTERY

FROM 19 TO 21 APRIL 2024

LOCATION:

CASIN'ANAND - NOVOLI (LE)

Via Ofanto 5 - 73051

TEACHER:



Moni Jiki Righi

@laelalunaAD



WORKSHOP'S PROGRAM

Zen Pottery with Jiki

Model with your eyes closed, paying attention to the rhythm of your breathing. Treat yourself to slow, mindful moments to rediscover the natural well-being of knowing how to balance body and mind.

Moni Jiki Righi, Soto Zen bodhisattva for more than twenty years, will accompany you in the exploration of moments where matter and the deep self can connect through natural and instinctive movements capable of providing calm and psychophysical well-being.

The preliminary meeting on Friday will consist of a convivial meeting with the participants and the delivery of the work kit. Saturday morning will be dedicated to filtering, rehydrating and kneading the clay to reach and activate the tactile sense and connect it with the inner energy. This moment will take place inside the room dedicated to manufacturing. The created clay will be left to rest, covered with a light fabric until the afternoon meeting where, in an area of the garden, preferably the olive grove, the walking meditation will begin together with the actual manipulation of the created clay. Uniting body and mind in a creative action, experiencing a material transposition of inner energies.

In fact, only your hands will be used for processing,

and whoever feels it will be able to insert small elements into the material which will be perceived as energetic around us during the walk. A leaf, a small stone, a twig...

Duration: 40 minutes.

Introduction 10 minutes

Meditative work 30 minutes

The symbolic objects will be returned cooked on Sunday morning, during a meeting with the guests and a nice herbal tea and we will discuss the sensations and emotions that the journey generated.

Comfortable clothing is recommended

TOOLS KITS : 20 €/per pax - INSCRIPTIONS: close 18/03

To book the workshop or for more information please contact us: info@casinanand.com

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