

# «Ritual dances» - a few steps before experiences from war



## Workshop with Inna Falkova (Kharkiv, Ukraine) June 7-9th 2024

Location: Zwischenraum, Mauerrain 5, 3012 Bern / Fri & Sat: 10-18 h / Sun 10-14 h  
(Fri & Sat with lunch break), 16 hours total, max. 18 participants

Costs: 380.- (reduction is possible) Registration: [info@thearytz.ch](mailto:info@thearytz.ch) / 078 600 33 49

Peaceful life, which we consider a natural gift (and this may be our mistake), is rather an achievement in the social context.

With our bodies and in movement, we will try to trace a conscious path to creating peaceful spaces. In experimental conditions, we will go through the important steps of the experience that humanity is living through on this path.

The workshop is aimed at all person interested in the fields of movement, dance, improvisation, art and (psycho)-therapy and is generally open to everybody.

Parallel to the workshop, a photo exhibition by Yevhen Titov will take place at the Kulturpunkt im Progr.

In the past, there were rituals and initiation rites that prepared people for existential challenges. So before the real experience, there was a model for it.

People in war go through fear, death and struggle.  
But they also gain useful and valuable insights.  
Thus they can mature, draw strength and experience empathy.  
They go through challenges that can also lead to inner growth.

Aggressiveness, power struggles and the fight for boundaries are part of human nature. Is it possible to control them without creating more wars? How could a more conscious society develop without violence, without destruction, without mass murder?

Can we grow as humanity? Can we creatively contribute to creating a human consciousness that prevents war? Are such ideas utopian?

Inna Falkova provides an insight into how she approaches these topics actively and through research, gathering creative experience and constantly adapting the forms of discussion. This creates a creative distance and we gain new insights.

Inna invites all participants of the workshop "a few steps before" to explore these topics together. She will use different types of bodywork, Authentic Movement, partner work, writing and dialogue.

Inna is a dancer and psychologist with additional training in: Integral Body Movement Therapy, Body-Mind Gestalt Therapy, Integral Dance Movement Therapy, Trauma Somatic Education and Authentic Movement.