

# ✦ BODYSCAPES

Somatic  
Architecture  
WORKSHOPS

Series of WORKSHOPS on the discovery of the imprints of the external world on our physical (bodies) and imaginary spaces (imagination).

- How aware are we of what is being constructed within our bodies due to external circumstances?
- How can we be the architects of our political BODIES?
- How can we manifest and describe in verbal and non verbal ways our reation to the material & imaterial world that surrounds us?

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## ✦ INNERSCAPES

Weekly Group sessions of drawing improvisation, self-reflections in a group environment. A creative way to start your week with awareness of your body-mind state and a chance to set weekly goals.

We will work with "mental mapping", an exercise that shows us our relationship with the environments we live in and the qualities we attribute to them. We work on the relationship between the environment and our psyche, through the study of the American Urbanist Kevin Lynch and his approach in the book "The Image of the City".

By the end of the cycle, you will have organized a personalized map of your innerescapes, that you can be used for further personal navigation in your actions.

ONLINE  
Starting in FEBRUARY

[www.elenidanesi.com](http://www.elenidanesi.com)

## ✦ THE CREATIVE BODY

weekly  
community  
& 1-1  
sessions

Online Program  
March - May  
2022

✦ Weekly Group sessions & 1-1 coaching sessions on moving by thinking and developing creative thinking while moving. A summary of our week with embodied processing and reflections on what the body absorbed during the week and where this knowledge can take us both individually and collectively.

Program  
opens in  
October  
2022



# Bodyscapes as Landscapes

Body-Mind-Space Architecture



# Innerscapes

Imagination & Inner Architecture



# The Crative Body

Moving & Thinking Creatively



Once per Year Bodyscapes as Landscapes will be presented in different locations under the research topic: "how do the Landscapes and the environments we inhabit affect our bodies and our minds, how they impact our relationships with other species, and how we can predict, influence, and even reconfigure physically, psychologically and mentally the image of our inner and outer spaces. These meetings are focusing on inter & intra relationship, meaning our connection with our bodies and self from the inside and our connection with other humans and other living and other-than-living species on the outside. During this program, we emphasize the collective experiences as a network of embodied wisdom that every person possesses, and all can actively create positive change for one another.

Innerscapes is a general title including projects on work of inner self-awareness and the architecture of our imagination.

Whatever we come across in our daily life is written down, registered in our memories and our subconscious. Our imagination then reconstructs over and over again stories of the Architectures we've encountered, whether this architecture is physical or relational ( the spaces in between)

This series of weekly INNERSCAPES Group Sessions is a creative dive into our inner paths of thinking and moving. We will work with movement and drawing improvisation in order to track our weekly BODYMIND state, reflect collectively on our experiences, and project our possible actions based on our deepest needs and desires.

The Creative Body will be a 3-month program of weekly meetings in a group, and 1-1 coaching sessions, with the aim to work on the benefits of moving with awareness, into other fields of our lives: our professional life, our relationships, our expression, our playfulness, our emotional regulation, and psychological state.

Creativity is not a skill only artists have. It is a human skill that can be cultivated, triggered, and developed in anyone and it is responsible for our ability to solve our own life problems, or how I call it: to solve our own unique life puzzle!

Movement triggers our creativity, helps us see and understand our thinking patterns and reach out for solutions. In these meetings, we will move in a variety of ways while we will be tracking our thoughts and the creative solutions we came up with through the act of MOVING.

## What to expect

improvement of bodily perception

Micro bodily and spatial awareness

Understanding of boundaries and spatial interrelations

Collective awareness and interconnectivity

Theoretical input  
Practical implementations

## What to expect

Personal discoveries | understanding

Self awareness through drawing

Benefits of group sharing and collective experiences

Stable, weekly date with your our creativity

Connect with sound, improve rhythm  
synchronize your vibration

## What to expect

Deeper understanding of brain activity

Relation between Moving & Thinking

Movement variations and their life applications

Benefits of group sharing and collective shaping of self-perception

Build trust in creative problem solving






# About Eleni

**Eleni Danesi** THE BODYMIND ARCHITECT

Founder of LatoMeio | Artist & Movement Coach

## THE BODYMIND ARCHITECT



Eleni is a Movement Artist and Body-Space Architect working on the embodied spatial and relational awareness. She is the founder of LatoMeio Performing Arts Project and the designer of

Bodyscapes as Landscapes Program on body-space awareness and perception through movement improvisation and creative thinking. She is passionate about the psychology of the brain and the neuroscience behind our moving and acting choice which define our impact on our inner and outer worlds, and our relationships with our bodies and the other living and non-living species, and vibrant materiality.

She Studied Architecture Engineering in Athens, holds a Conceptual Architecture Masters Degree and completed The Somatic Architecture and Landscapes annual program by PSAAP at the University of San Pablo in Madrid.

She is a scholar at Urban Nation Fresh A.I.R. in 2022 to conduct embodied research on the future of democracy under the title "Embodied Undemocracy".

She lives in Berlin and Leonidio where she runs LatoMeio Project, a physical and virtual space for Performing Arts and Somatic Architecture.

"Since I graduated from Architecture Engineering in Athens National University and Completed the Architecture Master's Program "Symbiosis" at the University of Thessaly, I started realizing that what I wanted to do was not entirely described or defined in these two professions. I was always involved in movement practices: such as martial arts, contemporary dance, capoeira, aerial acrobatics, and eventually I started connecting concepts of perception of space, coming from the field of architectural theories and phenomenology, with bodily awareness and body perception, coming from these movement and somatic practices. Defining myself and my profession was getting harder and harder as people were not so familiar with the immediate relation between BODY & SPACE, and also that our bodies ARE SPACE. At some point, I came across the term Body Architect, by Lucy McRae, and I thought it could almost describe by direction as well.

I stayed with this for a while trying to describe the architectural implementations in my performative work or to emphasize the spatial aspect in my movement workshops.

During the last 5 years, I had the chance to participate in several projects and experiment with my skills in various directions. What stayed with me the most was my connection and focus on sounds and music, which always brought me to a state of insight and self-reflection of how I perceive myself and the world around and inside me.

I used these [insights](#) | [bodily information](#), as I call it, to create artistic pieces of various media, concepts for

creative projects and workshops, or to find solutions to my life situation in more creative, holistic, and integrated ways. Throughout this journey, I realized how body-mind-spirit-space, are notions that in one philosophy or another, in one theory or another, and in one practice or another, they might differ in definition but there's always something holding them together, interrelated and intertwined, keeping the borders between them pretty loose. A body can be perceived as space, the mind can equal the body, and the spirit is related to thinking (which is placed in our mind) and to the body at the same time, while the body can think and have intelligence on its own.

In my practice, I try to keep these notions as distinct as infused to one another and observe our experiences in a holistic way. I have experienced how focusing on the body can inform our thinking, while at the same time can alter our mindset, connect us with the immaterial space of our imagination, and thus with a more abstract spiritual version of ourselves, which is responsible for our conscious/unconscious choices in physical spaces. My work focuses on learning how to navigate through these spaces of awareness about what we carry inside our bodies and how to use the discoveries in order to reshape, redesign and reinvent ourselves and our lives using both our logic and creativity.

An Architect is a person who understands the ways of living a life and how to translate these ways into spaces that serve this life. I concluded to describe my work as BODYMIND Architecture because what I share is how to understand our body, how to observe and access what's inside and use this knowledge to reshape the architecture of our mind: of the space that takes decisions, makes actions, and moves us in life in ways that are aligned with our own needs. Basically, I share with you how to be an Architect, the Architect of our own BODYMIND SPACES. "

**Eleni**