

Inner



SCAPES

**How can we
touch each
other from a
distance?**

In the last 2 years,
we have walked
different paths as
individuals
disconnected from
the social life as we
knew it,



or as virtual groups and
virtual societies,
experiencing ourselves as
partly physical and partly
virtual BODIES.

VR-physical BODIES

We are
VR-ysical BODIES
moving and acting
simultaneously in the limited
space of our room, inside the
framed space of our screens,
yet expanded virtual spaces,
[that connect us in every
possible direction and distance]
and the **limitless spaces** of
our imagination.

In times of physical and
mental distancing,
I invite you to join the
INNERSCAPES weekly
reflections
of our past and future
experiences as
collective beings.



InnerScapes

ONLINE_EDITION

"INNERSCAPES" is a SERIES
projects focusing on practices of
unraveling narratives of our inner
worlds and revealing the
architecture of our imagination.



Imagination & Inner Architecture

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. These Architectures can be physical (referring to the built environments we inhabited in our lives), or relational (referring to the immaterial constructions shaped in the spaces 'in-between' ourselves and others: humans, animals, objects or ideas).

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 with the help of music and soundscapes, in order to track our weekly BODYMIND state, reflect collectively on our experiences (during the last 2 years), and project our possible actions based on our deepest needs and desires for our future selves and societies.

The aim of the sessions is to build our awareness on how past life events have affected us individually and how that impact is intertwined with other human and other-than-human lives (species, climate change, social interactions, political choices), in ways that are already shaping our future realities.

**Our common
futures start as
a personal affair
of accessing
self awareness!**

This versions of INNERSCAPES are
Immersive Weekly Online Sessions,
where we use the practice of
MENTAL MAPPING*, as presented by
Kevin Lynch in his book "The Image of the
City", as our base methodology inspiration.
In addition, we will use the poetic method of
FREE ASSOCIATIONS* as a tool to build
conscious personal and interpersonal
narratives for a collectively imagined future
of a "New Normal".

Mental Mapping

According to the studies of K. Lynch humans perceive space (or cities in particular) in psychological ways based on their past experiences and former interactions with the environments around them. He also describes that these experiences of encountering spaces can be categorized under 5 distinctive symbolic meanings (paths, edges, districts, nodes, landmarks), which help the individuals organize their spatial understandings and form non-proportional but rather psychological and conceptual mental maps.

Over the years of my movement research, I have used this suggestion as a tool to initiate inner personal explorations, on "how we have experienced the spaces we inhabited in our past".

This gives us the opportunity to uncover personal patterns of engaging with the city or spaces in general, and connect this awareness with our current bodily state which we observe as manifestations of those conscious or unconscious navigational patterns in the present.

By understanding our choices in the physical space and the relationship with our bodily (mental, emotional, structural) state, we can use Lynch's symbols as a metaphor to navigate our inner spaces.

In the INNERSCAPES sessions, we will immerse ourselves into the space of memories and imagination and we will try to locate events and physical places, inside the boundaries of our skin.

By the end of the cycle (end of May) we will have built a personal map of spatial memories relocated on our body-shape MENTAL MAP.

The above-mentioned practice will be also supported by exercises of **body relaxation, sound meditations, movement improvisation and free association creative thinking**, to the point that we will blur the boundaries of accuracy or truthness of the events per se, so that new potential stories emerge.

Through this immersive process, we will allow ourselves to reinterpret and reinvent our experiences, as well as to blend them with the parallel realities of others.

Our main focus will be on the events and spaces we experienced during the last two years of the Pandemic, as the only commonly shared but differently perceived reality.

where do
we go now?

What to expect

- ✦ **Personal discoveries | understanding**
- ✦ **Self awareness through drawing & movement**
- ✦ **Embodied learning through each others' experiences.**
- ✦ **A weekly date with your creative & poetic self**
- ✦ **Transformation of your stream of thoughts into social narratives**

In these Sessions, **we commit** to be active bodies both as self-explorers and as listeners of space and otherness, so that we can hear and understand what is it that lays under on each other's ground.

We commit to listening to ourselves and others unjudgementally.

We commit to sharing information with the aim of expanding the boundaries of awareness for ourselves and others, and only in ways that we feel comfortable to do so.

INNERSCAPES

FREE Introductory Session

[presentation of the concept & short Mental Mapping trial,
prices* and contributions]

Monday 07 . MAR . 2022

19:00 CET [Berlin]

20:00 EET [Athens]

1h 30'

All Sessions, Every Monday on ZOOM

*The price for the regular sessions will be announced during the free class as part of my financial approach and purpose of the INNERSCAPES cycle.
More information to be announces on my website later on as well.*