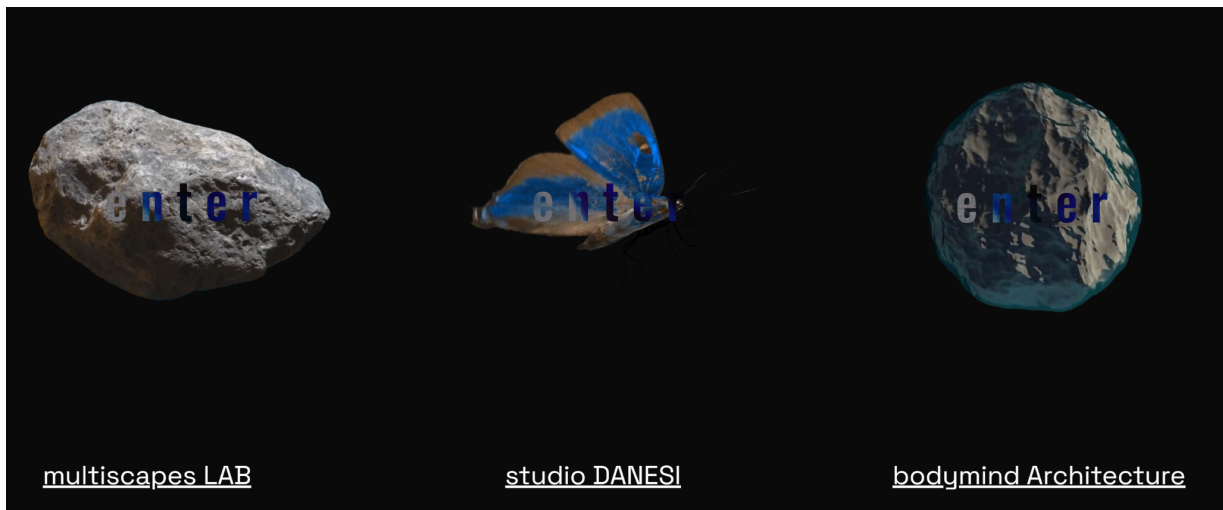# What is MULTiSCAPES LAB?

A living research platform for embodied ecosystems of perception, imagination, and regeneration, founded and curated by Eleni Danesi [architect, artist, enactivist]

Why I Created This Platform

MULTiSCAPES LAB was born from my personal and professional need to bring together everything that architecture, somatics, ecology, and artistic research have taught me about perception, interconnectedness, and change.

After years of working across disciplines and feeling the fragmentation of our ways of sensing, thinking, and designing, I wanted to build a space that mirrors how the world actually works: in layers, loops, and relationships. This platform is not just a project—it's an ecosystem in the making. It's a space to **grow together**, to **nurture collective and individual transformation**, and to **contribute to the regeneration of both physical and emotional landscapes**.

Creating MULTiSCAPES LAB is also my personal invitation to live and work more truthfully, in alignment with the values of mutual care, creative reciprocity, and the intelligence of the more-than-human world.

What MULTiSCAPES LAB Is Becoming

MULTiSCAPES LAB is a multidisciplinary platform—currently under active development—that aims to evolve into:

- An **educational space** for embodied perception and ecological awareness

- A **collaborative lab** for creative and regenerative methodologies

- A **research and residency platform** for artists, architects, thinkers, and communities

- A **bridge** between neuroscience, somatics, design, and eco-social activism

Whether you're an **individual seeking insight**, a **team or organization building healthier creative dynamics**, or a **community interested in strengthening relational bonds with place and people**, this space is designed to offer transformative experiences rooted in embodied learning and systemic regeneration.

Core Methodological Principles

MULTiSCAPES LAB is guided by a unique, integrative methodology, grounded in the following elements:

- **Neuroaffective Landscapes**: Researching how our nervous systems and emotions are shaped by spatial, material, and sensory environments.

- **Embodied Perception & Somatic Prototyping**: Using the body as a perceptual and design tool to investigate space, experience, and relation.

- **Mycelial Thinking**: Embracing non-linear, decentralized, and relational modes of learning and creating.

- **Time-Based Observation**: Tuning into micro and macro rhythms to access deeper layers of awareness and connection.

- **The 3Rs of Ecosocial Enactivism**: *Rest, Reset, Regenerate*—a cyclical model for restoring both internal and external ecosystems.

What You'll Find Here (or Soon Will)

🌿 **Workshops & Programs**: Embodied learning journeys to reconnect with perception, creativity, and collective intelligence.
🌿 **Articles, Readings & Resources**: Reflective writing and research to inspire somatic and ecological literacy.
🌿 **Collaborative Research & Community Prototyping**: Space-making for organizations and communities to prototype future practices.

Most offerings are currently **under construction**—if something resonates or you're curious to collaborate, please **reach out directly**. I welcome connection.

Looking for More?

If you're curious about other facets of my work:

- 🌀 **For artistic research, drawing, and spatial experimentation** → visit [**Studio Danesi**]

- 🧠 **For embodied leadership, coaching, and creative transformation** → visit [**BODYMIND Architecture**]

- 🧬 **To read more about my background and journey** → head to my full [**BIO**] page

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You're Invited

MULTiSCAPES LAB is not just a container—it's an unfolding conversation. A site for perception, relation, and transformation.

Whether you're passing through, looking for guidance, or seeking a long-term collaboration, you're invited to explore, reflect, and co-create.

Subscribe to my Newsletter if you would like to stay informed and updated about the upcoming projects/events/workshops online and onsite.

Let's grow this (e)co-landscape together.

With friendly regards,

Eleni