




# The Mystery & Soul of the Indigenous Arts of India

The Roots of Expressive Arts Therapy




India offers an incredible array of indigenous visual arts, poetry, music, dance & drama. India offers a rich glimpse into the soul of Expressive Arts Therapy (EXAT), the use of all the arts for healing, community building & spirituality. Using the vast artistic resources of India, Kate will introduce participants to the experience, theory & application of EXAT through a Jungian lens.

Indigenous cultures have always known that the psyche is revealed not only through words, but through images, symbols & the body. The Expressive Arts reawaken the language of image, movement, sound, metaphor, drama & poetic utterances, revealing the deepest aspects of the self & expressing what often cannot be put into words. Drawing, painting, sculpture, movement, dance, sandplay & ritual provide access to one's inner world as well as the culture, values, sense of community & spiritual attitude.

With the assistance of wonderful artists, dancers, musicians, poets & actors, participants will delve into the arts of India. Each day, Kate & an Indian artist will introduce an art form experientially. Direct experience of the art & Indian culture will enhance ones' understanding of the healing aspects of the art form. Then the co-leaders will explore the healing potentials of the art as well as weave in a understanding of how art reflects & heals culture.

In addition to the experience & theory of the healing aspects of the EXAT, participants will have an opportunity to explore applications in their professional life.

This workshop offers a unique opportunity to learn about the arts & culture of India, EXAT & how these worlds are interlaced. Experiencing the arts & culture of India will open to innovative news ways to understand EXAT & apply these ideas to your personal life & work.





### **Workshop Objectives**

- Learn the theory, concepts & applications of EXAT
- Learn about the healing potential of Indian arts & culture
- Learn about Jungian psychology & its relationship to Indian art, culture & EXAT
- Experience expressive arts therapy processes
- Develop a theoretical understanding of these processes
- Begin to understand the ways to weave arts modalities
- Be introduced to paradigms that will aid in comparing & contrasting modalities
- Deepen their relationship to their own creative process
- Be able to apply EXA processes to their life & work

### **Workshop details**

- The workshop is facilitated by Kate Donohue & a host of Indian artistes
- Dates :: 12<sup>th</sup> October 2015 (Monday) to 25<sup>th</sup> October 2015 (Sunday)
- Venue :: Swarga :: <http://www.swarga.in/> :: Bangalore, Karnataka, India
- Fee :: \$ 1700 (Deposit of \$ 800 on application. Last date for balance payment - 1st June 2015)
- Cheques in favor of Dr. Kate T. Donohue, to be sent to Dr. Kate T. Donohue, 57 Post Street, ste. 602, San Francisco, CA 94104, USA
- Online application form ::  
[https://docs.google.com/a/smartmove.co.in/forms/d/1pOzASNVA8ufdj1yeIOSS9rBZF7K8BfNAu5bYL\\_coqTY/viewform](https://docs.google.com/a/smartmove.co.in/forms/d/1pOzASNVA8ufdj1yeIOSS9rBZF7K8BfNAu5bYL_coqTY/viewform)

### **Contact**

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### **Visa Processing**

- For US National travelling to India they will have to apply for an Indian tourist visa one month in advance of their travel. They will have to apply on the website <http://www.in.ckgs.us/>

### **Travel Guidelines**

- To travel to India, there isn't any mandatory vaccination. What is recommended is Malaria Prophylaxis
- Insurance is not mandatory
- Currency in India is Indian Rupee (INR)
- In the month of October the weather is pleasant, temperature varies from 20 degree to 28 degree celsius. There may be unpredictable rain showers. We suggest you carry a set of warm clothing



## **Mystery & Soul of India - An Overview**

- The 2 week residency is designed to allow participants to directly experience the rich diversity of Indian arts & culture. We will then explore the healing potential of the arts & begin to weave an understanding of how art reflects & heals culture. Designed to take place in the month of October, which is a month of various religious & cultural festivals in India, participants will also get an opportunity to participate in various festivities & explore the interweaving of the arts, spirituality & healing which is prevalent in most Indian celebrations.

## **Venue**

Swarga ([www.swarga.in](http://www.swarga.in)) is a lush coffee plantation on the western ghats of India. This allows us to hold some of our sessions in nature & in villages so as to fully immerse ourselves in mystery of India. Swarga has also been chosen because of it's proximity to some of the most magnificent temples of south India. These temples offer us immense learning of Indian art history from the 12th century.

## **Program Structure**

To fully embrace the mystery & art of southern India, the majority of time will be spent with Indian artists who will perform, explain the background & experientially teach us their art form. Some artists will be with us for few days before we encounter another incredible art form. We will have the opportunity to work with the performing arts like music, dance & story telling (folk & classical) & visual arts & crafts that are indigenous to southern India.

This aspect will take place in the mornings either at the venue or at a historical or cultural site, nearby.



In the later afternoon after lunch & a rest break, Kate will be helping you explore your responses to each art form through experiential process, presentations & discussions. Her focus will be to help you understand the art form personally & how you might be able to use it professionally. All of these sessions will be through a Jungian expressive arts lens. Initially Kate will aid participants with their cultural transition, group process & explain the aims of the workshop. She will then weave sessions on Jung's love of India & India's contributions to his theory, EXA contributions & the roots of indigenous arts & how it will change you & inform your work professionally.

Listed below are some of the sites which we will visit & the festivals & events we will participate in.

### **Sites visits**

- Belur Halebid Hoysala Temples - 80 kms  
<http://en.wikipedia.org/wiki/Halebidu>
- Shravanabelagola - 110 kms (Jain Monolith, this will be climb of 600 steps)  
<http://en.wikipedia.org/wiki/Shravanabelagola>
- Shettihalli Rosary Church - 30 kms - Parvathammna Betta (Hill) - 15 kms  
<http://www.travelwithneelima.com/2011/02/rosary-church-shettyhalli-as-it.html>
- Majarabad Fort - 20 kms  
[http://www.tripadvisor.in/Attraction\\_Review-g2371802-d4161496-Reviews-Manjarabad\\_Fort-Sakleshpur\\_Karnataka.html](http://www.tripadvisor.in/Attraction_Review-g2371802-d4161496-Reviews-Manjarabad_Fort-Sakleshpur_Karnataka.html)



- Mysore - 130 kms (Palace, Brindavan Garden)  
[http://www.tripadvisor.in/Tourism-g304553-Mysore\\_Karnataka-Vacations.html](http://www.tripadvisor.in/Tourism-g304553-Mysore_Karnataka-Vacations.html)
- Visit of the local village
- Nrithyagram Dance village  
<http://www.nrityagram.org/village/holistic/holistic.htm>

### **Festivals & Events**

- Dussera Festival  
<http://www.mysoredasara.org/programme.html>
- Ayudha Puja  
[http://en.wikipedia.org/wiki/Ayudha\\_Puja](http://en.wikipedia.org/wiki/Ayudha_Puja)
- Coorg Wedding  
<http://www.coorg.com/culture-traditions/>

### **Folk forms of Karnataka**

- Dollu Kunitha - Karnataka Folk Dance  
<http://kalatraya.blogspot.in/2007/03/dollu-kunitha.html>
- Yakshagana Performance  
<http://www.karnataka.com/profile/yakshagana/>

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studio for movement arts & therapies.....

