



The Gnostic Centre

*a research centre for the
growth of consciousness*

INTEGRAL ART & ARCHITECTURE WEEKEND

Saturday, 15th & Sunday, 16th April, 2017



Retreat photos:
<http://pin.it/QLJ1raX>

The Weekend had 3 primary components:

1. Art as a Mirror Workshops by Krupa Jhaveri

These workshops were held on both the days, for different groups. On Saturday, the workshop was for a group of pre-school and pre-primary teachers – from Shikshantar school (Gurgaon), The Mother's International school (Delhi), Playway House school (Jammu), and L'avenir preschool (The Gnostic Centre, Delhi). The centre-piece of the workshop was creating a doll – a therapeutic tool for self-awareness and self-expression. On Sunday, the workshop primarily used painting as a medium for coming in touch with oneself. The participants came from diverse fields.

“This program was extremely therapeutic and actually helped me in unwinding myself from the stress I was facing.” (Ritu Patnaik, Shikshantar School, Gurugram)

“The program helped me to understand myself in a much better way.” (Arun Ambardar, Playway House School, Jammu)

“I liked the process of decorating the doll and associating it with myself and my inner being.” (Madhubanti Sengupta, The Mother's International School, Delhi)



2. Integral Architecture Talk & Walk by Sanjay Prakash

An in-depth analysis of the progression of Architecture from the conventional paradigm to one of sustainability to the emerging next frontier that is based on the values of integrality and harmony, with pictorial examples drawn from Sanjay's own work and that of other architects. The talk was followed by a walk through the various sections of The Gnostic Centre's campus, to further illustrate

the values that the talk emphasised. The group of primarily ‘non-architects’ was engrossed throughout.



3. Tree Tapestry Installation by Jitesh Malik & Anu Sabhlok

Saturday early morning unfolded with a tree at the Centre’s organic & natural café becoming the centre-piece for tree tapestry. Colourful threads were carefully wound around the tree, dead branches collected and decorated with attention to detail, little trinkets added and finally blue coloured LED lights strung to create a fairyland effect when darkness fell. All took place in a quiet, concentrated, joyous atmosphere, and the result was magical.



The Facilitators

- **KRUPA JHAVERI** is the founder, international art therapist and art director of Sankalpa: Art Journeys based in Auroville, south India. Sankalpa promotes original self-expression, transformation, awareness and connection across all barriers through art. With formal graduate training at the School of Visual Arts in NYC, Krupa has worked with children and women with HIV/AIDS, in child protection, cross-cultural exchanges, and as a Trauma-Informed Expressive Art Therapy consultant. She is an Ambassador to India for Art Therapy Without Borders with recent presentations on the therapeutic value of ritual, sacred and indigenous art forms throughout the US, China, Hong Kong, Singapore and India.
- **SANJAY PRAKASH** is an architect with a commitment to energy-conscious architecture, eco-friendly design, people’s participation in planning, music, and production design. Over the years, he has integrated all his work with the practice of new urbanism and sustainability in his professional and personal life. Sanjay is the architect for many of the Gnostic Centre’s buildings.

- **JITESH MALIK** is an artist/architect/educator. Through his works, he aspires to create experiences that have the power to re-connect us with nature, with ourselves and with our communities. The experiential art pieces evoke responses at a perceptual level, so new experiences can unravel, making our connections (of material and spiritual) wider and deeper. He is the creative director and founder of studio Aureole, a design practice where craft and making is central to the design development. He has been exploring materials like wood, metal, glass, yarn. Jitesh has also been deeply committed to conscious educational spaces and is intensely involved with the coVeda community in Chandigarh.
- **ANU SABHLOK** has journeyed from being an architect to a social scientist and is perhaps moving full circle now by becoming aware of her creative self. Questions of the connections between our inner and outer selves have always intrigued her and shaped her research on relationships between identity and space. Her most recent work explores the social-psychological travels of migrant labourers working on road construction in the upper Himalayas. Anu is currently an Associate Professor at the Indian Institute of Science Education and Research in Mohali where she endeavours to bring into conversation the various ways of understanding our worlds.

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