



MOVING TOGETHER TOWARD PEACE  
EMBODYING RECONCILIATION - JICUF - BEEOMLIVING

## ECOSOMATICS LAB

DANCE \* YOGA \* MINDFULNESS \* NATURE

The LAB is an open space for meeting and sharing which envisages a series of bodily and artistic activities and intercultural exchanges, such as: yoga as a practice of interbeing, ecosomatics movement and healing arts, intercultural dance workshops and cultural heritage exchange, artist's talks and seminars.

- \* Ecosomatics Practices: Arts, Awareness and Deep Ecology
- \* Yoga & Interbeing
- \* Ecosomatics & Feminine Sexuality
- \* Body, Movement and Earth Empathy
- \* Ecoartivism
- \* Intercultural Exchange Events

Signa Schiavo-Campo | Italy  
Ecosomatic Artist - Yoga  
Founder of BeeOmLiving



FREE ENTRY | WRITE TO ENROLL

November 2023 - ICU Campus

 @embodyingreconciliation  
@beeomliving

INFO: [diana.embodying@gmail.com](mailto:diana.embodying@gmail.com)





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8.11 WED, Lunch (ERBII301)  
 9.11 THU, Lunch (C-GYM)  
 10.11 FRI, Period 4 (Lawn)  
 13.11 MON, Lunch (C-GYM)  
 14.11 TUE, Lunch (Lawn)  
 16.11 THU, Lunch (C-GYM)  
 17.11 FRI, Period 4 (Lawn)  
 20.11 MON, Lunch (C-GYM)  
 21.11 TUE, Lunch (Lawn)  
 22.11 WED, Lunch (C-GYM)  
 24.11 FRI, Period 4 (Lawn)  
 27.11 MON, Lunch (C-GYM)  
 28.11 TUE, Lunch (Lawn)  
 29.11 WED, Lunch (ERBII301)  
 30.11 THU, Lunch (C-GYM)  
 1.12 FRI, Period 4 (Lawn)

Ecosomatic Lab WELCOMING  
 Yoga & Ecosomatics  
 Seminar “Eco-Psychology & Soul”  
 Workshop “Ecosomatics & Mindfulness”  
 Yoga & Ecosomatics  
 Dance Impro & Creation: Ecosomatics  
 Yoga & Ecosomatics  
 Workshop “Ecosomatics & Thai Massage”  
 Yoga & Ecosomatics  
 Dance Impro & Creation: Exchange  
 Yoga & Ecosomatics  
 Ecosomatics Workshop “Spirit of the Place”  
 Yoga & Ecosomatics  
 Artists’ Talk “Ecosomatics Performing Arts”  
 Seminar “Feminine Sexuality & Erotic Ecology”  
 Final Sharing & Dancing

\*Lunch Time: 12.40-13.40 | Period 4: 13.50-15



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## NOVEMBER PROGRAM

16.11 THU	Yoga & Ecosomatics
17.11 FRI	Dance Impro & Creation
20.11 MON	Somatics & Thai Massage
21.11 TUE	The Art of Grieving
22.11 WED	Dance Impro & Creation: Exchange
27.11 MON	Ecosomatics Hiking
28.11 TUE	Yoga & Ecosomatics
29.11 WED	Artists' Talk "Ecosomatics Arts"
30.11 THU	Seminar Erotic Ecology

ICU CAMPUS: C-CYM | 9-10.15AM

\*keep in touch as changes may happen for logistic reasons



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- \* Ecosomatics Practices: Arts, Awareness and Deep Ecology
- \* Yoga, Movement and Earth Empathy
- \* Ecosomatics & Feminine Sexuality
- \* Ecoartivism & Intercultural Exchange Events

8.11 WED, Lunch (ERBII301)

9.11 THU, Lunch (C-GYM)

10.11 FRI, Period 4 (Lawn)

13.11 MON, Lunch (C-GYM)

14.11 TUE, Lunch (Lawn)

Ecosomatic Lab WELCOMING

Yoga & Ecosomatics

Seminar "Eco-Psychology & Soul"

Workshop "Ecosomatics & Mindfulness"

Yoga & Ecosomatics

OTHER DATES & EVENTS COMING OUT SOON!

\*Lunch Time: 12.40-13.40 | Period 4: 13.50-15



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# ECOSOMATICS LAB

## ARTIST TALK: ECOSOMATICS ARTS

In this talk we will explore the field of ecosomatics arts and hydrofeminist practices through the art pieces of an international network of women, stretching the artistic matter from performance and site-specific installation to sound art, from poetry, ritual and visuals to other participatory and/or playful devices and proposals.

Through creative tasks and sharing together we will dialogue with the proposed art works, to explore the possibilities and the meaning of an “ecoartivism” in times of climate change, collective grief and human crises.

\* Wednesday 29.11.2023 | 9-11AM in C-GYM ICU Campus, Tokyo, Japan



Signa Schiavo-Campo | Italy/Croatia  
Ecosomatic Artist - Yoga  
Founder of BeeOmLiving



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## The Art of Grieving

A space to create a collective ritual to give voice to grief, expressing it while being held and holding others. The art of grieving invites us to vulnerability, deep listening, responsibility, reciprocity and gratitude. It is an antidote in times of loneliness and disconnection by honoring the web of life.

Inspired by cosomatics practices, heartfulness and active hope, how can we serve the world and at the same time deeply care about ourselves? How to hold the paradox? More than try to give answers or solutions, this workshop invites us to dwell into questions and embodied experience.

\* Tuesday 21.11.2023 - 9-10.15AM \* C-GYM ICU Campus, Tokyo, Japan



Co-funded by  
the European Union

This workshop is a dissemination activity of the project 'From Caterpillar to Butterfly' which was funded by the Erasmus+ Programme of the European Union.' Thanks to JICUF Grant and Embodying Reconciliation we are able to offer this program in Japan.

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## *Ecopsychology & Soul*

This workshop is a space of exploration focused on the Nature-Based Map of Human Psyche developed by Bill Plotkin. We will get familiar with the main archetypes that inhabit us as resources that we can get in touch with and make available to expand our potential and the connection with ourselves and otherness.

We will dive into a few ecosomatics practices that enable us to integrate those resources in an embodied way. Join us in this experience of self-discovery and reconnection.

\* Friday 10.11.2023 - Period 4: 13.50-15h / ICU Campus, Tokyo, Japan



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