

**The body learns on YES:
muscles of care**

**Selfcare weekend
for Queers & TIN***

15. & 16.07.2023

Workshops & open room
sliding scale

Bikes & Rails, 1100 Wien

All information in one spot

Heartful invitation to a weekend for queers and TIN* (trans, inter, non-binary) focusing on self-care: awareness-based, resource-oriented, empowering, community-minded.

When: 15. & 16.07.2023, 10:00-18:00

Where: Community Space Bikes & Rails

Emilie-Flöge-Weg 4/3, 1100 Vienna, wheelchair accessible

Languages: German or English spoken language

Costs: 80 - 280€ (full weekend) --- 50 - 150€ (Saturday) ---
30 - 80€ (per WS Sunday)

Registration: <https://forms.gle/HxQbahJNm4fWmWF6>

Contact: lian.brugger@posteo.de

with: Niklas Brochhagen, Leno Gasser, Levi Mühlbacher, Lian Brugger

Overview

Saturday, 15.07.

10:00-10:30 Arrival with coffee and snacks

10:30-12:30 Mastectomy care, part 1

12:30-2:00 Lunch break (food not provided)

14:00-16:00 Mastectomy care, part 2

16:00-18:00 Open space and chill out

Sunday, 16.07.

10:00-10:30 Arrival with coffee and snacks

10:30-13:00 fluid pleasure bodies

13:00-14:30 Lunch break (food not provided)

14:30-17:30 The Superpower of Imagination

17:30-18:00 Open space and chill out

Mastectomy care - for your body and mental health

Whether you are preparing for top-surgery or you are post-op, scar healing, sensibility of the chest and emotional stability can be an issue.

In this workshop we'll do some simple movements that support recovery and flexibility of the scars and chest. And yes, this also helps years after a surgery!

I'll show an easy massage for scar healing and against buildup of scar tissue.

Exercises to find grounding and self-regulation within your body provide support for your mental health and emotional stability.

Niklas

fluid pleasure bodies - a queer somatic and movement exploration

bodies, emotions, perspectives, identities are fluid.
together we will sense, move, play with ideas of
liquidity as a resource.

through body awareness, solo-, group- and (optional)
contact improvisation, and conscious touch (bodywork)
we'll take a deep-dive:

into the fascinating world of fascia and its embodiment,
into wells of energizing as well as relaxing pleasures in and
through our bodies, into pools of our own sweat, and into
becoming more fluid in catching waves of disorientation
and change with humour and care for ourselves and others.

every_body is welcome. no previous dance experience
required - just the wish and curiosity to explore through
movement and touch.

Levi

The Superpower of Imagination

In this workshop we practice activating inner resources and self-healing powers through imagination and creativity.

We all have the capacity for fantasy and imagination.

When we worry about something we are imagining something that has not yet happened. If we activate beautiful imaginations, it has a strengthening effect on our body and our well-being. In this workshop, we consciously work with our imagination and creatively implement the inner images that arise.

This workshop might be interesting for you if you feel like engaging in imagination exercises together with others and to be creative (e.g. through painting and writing). No previous artistic knowledge necessary.

Leno