

Indian Contemplative Traditions through Expressive Arts Therapy: An Experiential Program

A 90-hour Foundation-Level Certificate Course

**by Soulsphere in association with the
St. Mira's College for Girls, Pune**

May-June 2024





About Soulsphere

Soulsphere is a space for therapy, counselling, training, personal growth, support, spiritual healing as well as mindfulness. The primary focus of our center is to create a safe non-judgmental space and to provide quality therapeutic care to any individual going through an emotional crisis. For the past 8 years, we have been actively working with the community to provide quality mental health care to various individuals. Incorporating therapy methods including Mindfulness based psychotherapy, Psychodynamic and Client Centered Therapy, Expressive Arts Therapies and Biodynamic Craniosacral Therapy (BCST), we aim at aiding the overall growth and pursuit of all individuals.



About St. Mira's College for Girls, Pune

St. Mira's College for Girls is a part of the 'Mira Movement in Education'. Founded in the year 1962, St. Mira's is a dream realization of the progressive, visionary, saint, philosopher Sadhu T.L. Vaswani. The college enjoys the rare honor of being the first city college, affiliated to Pune University, to be accredited by NAAC as also the first accredited Arts and Commerce college to go autonomous.

About the Course

The course offers a hands-on approach that incorporates mindful movement and arts-based experiences alongside meditative practices, interwoven with Indian Contemplative Traditions. It includes select movement experiences and visual art activities that have been inspired by Buddhist practices, Yoga, Chakra System and more, to enhance one's internal awareness while strengthening the mind-body synchronicity.

Participants will recognize, acknowledge and express their thoughts and feelings through movement and art therapy to attune to their kinesthetic empathy and self-expression. Theoretical inputs and verbal reflection will intersperse the flow of body movement, alongside other artistic expressions, to dive into some of the core principles and philosophies associated with Buddhism and the Chakra System.

Open to all professionals, students as well as seekers looking to enrich their lives. The course will also help deepen one's therapeutic presence and appropriate elements may be incorporated into one's daily life and work with individuals and/or groups after suitable amount self-work and practice.

Course Highlights

- Introduction to the Expressive Arts
- Foundations of Mindfulness
- The 4 Immeasurables - Brahmaviharas
- Neuroscience, Well-being & Resilience (Theory and Practice)
- 6 Paramitas/ 6 transcendental perfections
- Introduction to the Chakra System
- 7 Major Chakras and the Psychotherapeutic model of Illness and Well-being
- Movement, Voice, Art and Meditation



About the Faculty



TRIPURA KASHYAP

Tripura Kashyap pioneered Movement Therapy in India in 1990 and co-founded the Creative Movement Therapy Association of India (CMTAI) in 2014 and teaches on the courses by CMTAI. She trained at the Hancock Centre for Dance/movement therapy (USA) and obtained an M.A. in Psychology. She has worked as a Movement therapist at Half-way homes, Special schools, Treatment and Rehabilitation centers as well as with individual clients. Tripura received fellowships from the Ashoka International Foundation and Indian Ministry of Culture for her innovations in Movement therapy. Tripura has been an ardent follower of Buddhism and has practiced the discipline since 2014.

ANUBHA DOSHI

Anubha is the founder-director of Artsphere and Soulsphere, a unique arts and healing center in Pune, where performing arts and therapy co-exist under the same roof. She is a double postgraduate and a scholarship holder in Clinical Psychology from Fergusson College, Pune University. She is a psychologist, Mindfulness-based Psychotherapist, and Expressive Arts Therapist. She regularly facilitates workshops in mindfulness, dance therapy, positive psychology, resilience, and parenting for corporates, educational institutions, and NGOs. Her practice is unique as she explores the connection between Expressive Arts Therapy, Mindfulness and Buddhist philosophy, born out of her study in the certificate course in Mahayana Buddhist Psychology & Ethics by the WCCL Foundation and Department of Pali and Buddhist studies, at the Pune University. She has completed her PG Diploma in Mindfulness & Presence Oriented Psychotherapy under Just Being, furthering this work. She is currently pursuing the doctoral programme in Expressive Arts Therapy from the European Graduate School, Switzerland, the Mindfulness Meditation Teacher Certification Program by Tara Brach & Jack Kornfield (USA) as well as the Bodydynamics Foundation Training with The Healing Circle under Bodydynamic International.

AVANTIKA MALHAUTRA

Avantika Malhautra is a Psychologist, Registered Expressive Arts Therapist (REAT) and Board Member of the International Expressive Arts Therapy Association & the Founder of Soul Canvas - Art for Wellness with 10 years of work experience in the field of mental health in India. She offers psychotherapy to youth and adults through an integrative expressive arts therapy approach that includes presence-oriented, person-centered therapy with a systems, multicultural, queer-affirmative and trauma-sensitive lens through her private practice.

AKSHATA PAREKH

Akshata Parekh is an Expressive Arts Therapist with a Master's degree from Lesley University, USA. She is currently enrolled in her doctorate studies at De Montfort University, UK. She is presently working at The Sahyadri Hospitals, Tenergy India Pvt. Ltd., Taal Inc. and has a private practice. Completing her certificate courses in dance movement therapy, visual art therapy, drum circle facilitation, and psychology and counseling, she had the opportunity to work with various populations and groups like community centers, old-age homes, schools, hospitals, and corporate groups. Art has formally been a part of Akshata's life since the age of 4 and through her present work she advocates the use of arts in mental health.

KARISHMA HARLALKA

Karishma Harlalka is the co-founder of Artsphere and Soulsphere, She is a psychologist, dancer, choreographer and therapeutic movement practitioner. She incorporates her practice of Yoga, body awareness and knowledge of anatomy in her own practices as well as in the classes that she facilitates. She has also studied Chakra Healing and Reiki. Alongside this, she is interested in Mindful Movement practices and is working on developing a cohesive movement program that combines her learnings in dance, body anatomy, Yoga and Dance Therapy. She is currently pursuing the Bodydynamics Foundation Training with The Healing Circle under Bodydynamic International.

Schedule

Online (Via Zoom).

4th-5th May
11th-12th May
17th-18th-19th May
25th-26th May
1st-2nd June
8th-9th June

Timings: 11am to 6:30 pm
(including lunch break)

Please note that the date and timings may be subject to change

***Eligibility**
18 years of age and above

Course Fees

As a commitment to inclusivity and as a *dana* offering, we are offering the course at a minimal price, ensuring accessibility for all.

FOR DOMESTIC STUDENTS

Total Fees - INR 30,000/- (all inclusive)

Prompt Payment Discounts

<u>Month</u>	<u>Discount</u>	<u>Fees (All Inc.)</u>
On or Before 30th March 2024	20%	INR 24,000/-
From 31st March to 20th April 2024	10%	INR 27,000/-

FOR INTERNATIONAL STUDENTS

Total Fees - INR 45,000/- (all inclusive)

Prompt Payment Discount

INR 37,000/- (all Inclusive) on or till 20th April 2024

****Please Note that Fees once paid is Non-Refundable****

Contact Details

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