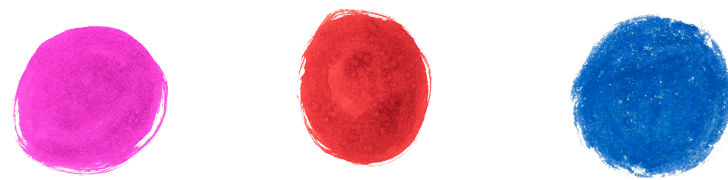


Therapeutics of Expressive Arts in Buddhist Practices



A Foundation-Level Certificate Course

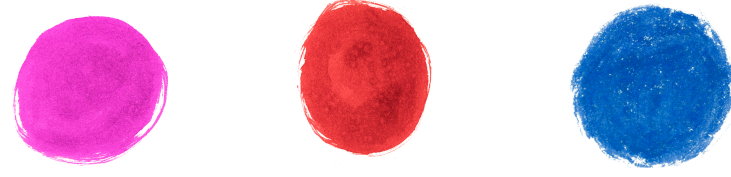
**by Soulsphere in association with the
St. Mira's College for Girls, Pune**

May-June 2023





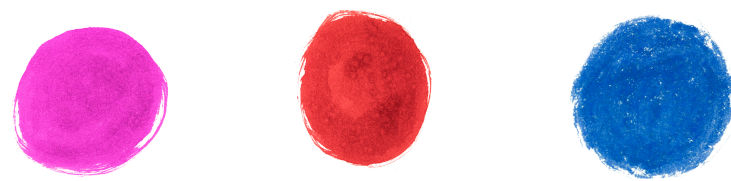
About Soulsphere



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.

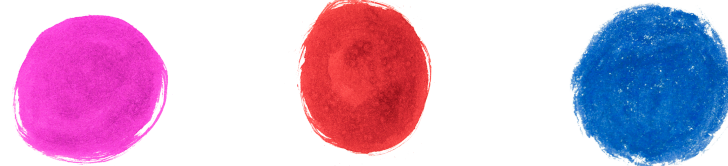


About St. Mira's College for Girls, Pune



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 facilitates mindful movement, which is embedded in the contemplative engagement practices in Buddhism. Certain concepts and practices from Buddhism have been interwoven with the expressive arts and therapeutic movement model. The course includes select movement experiences and arts activities that have been inspired by Buddhist principles to enhance one's internal awareness while strengthening the mind-body synchronicity.

Participants will recognize, acknowledge and express their thoughts and feelings through movement meditation and visual arts practices to attune to their kinaesthetic empathy and self-expression. Theoretical inputs and verbal reflection will intersperse the flow of body movements alongside other artistic expressions to examine the core beliefs and values of Buddhism.

Movement and art activities have been creatively adapted to the online portal. Participants can later regularly practice the offered experiences by integrating them into their daily life and work.

Open to all professionals, students as well as seekers looking to enrich their lives. The course may also help deepen your therapeutic presence and you may wish to bring this practice into your work with individuals and/or groups.

Course Highlights



- **Introduction to Expressive Arts**
- **Foundations of Mindfulness**
- **The 4 Immeasurables - Brahmaviharas**
- **Neuroscience, Wellbeing & Resilience
(Theory and Practice)**
- **Mindful Movement & Breath**
- **6 Paramitas/ 6 transcendental perfections**
- **Practicing Mindful Awareness through Art**

Course Fees



FOR DOMESTIC STUDENTS

Total Fees - INR 25,000/- (all inclusive)

Prompt Payment Discounts

Month	Discount	Fees (All Inc.)
<u>On or Before 5th May 2023</u>	22%	INR 19,500/-
<u>From 6th to 15th May 2023</u>	10%	INR 22,500/-

FOR INTERNATIONAL STUDENTS

Total Fees - INR 40,000/- (all inclusive)

Prompt Payment Discount - INR 35,000/- (all Inclusive) on or till 15th May 2023

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

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. 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 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 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 Dance Movement Therapy (DMT), 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 is currently pursuing the doctoral programme in Expressive Arts Therapy from the European Graduate School, Switzerland. She is also furthering her mindfulness studies with 'Mindfulness Meditation Teacher Certification Program' with Jack Kornfield & Tara Brach.

About the Faculty



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. Her work is focused on bringing awareness to the mind-body connection, deep listening, creative engagement and insight.



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.

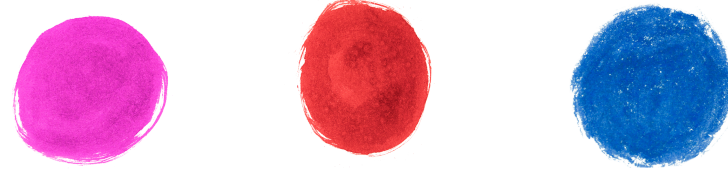
About the Faculty



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, Tenerity 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.

Schedule



Online (Via Zoom).

Starting 20th May 2023

Every Weekend till 18th June

11 am to 5 pm (includes lunch break)

The dates are as follows

20-21st May

27-28th May

3-4th June

10-11th June

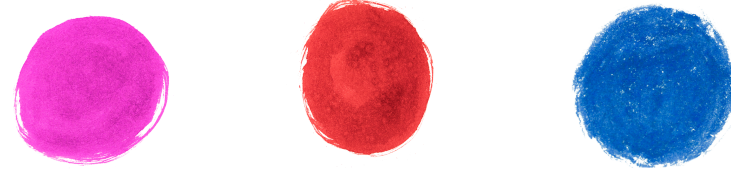
17-18th June

***Eligibility**

18 years of age and above

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

Contact Details



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Artsphere Studio Manager

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