



Relational Spaces 2021/2022

# COURSE PROGRAMME

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[www.relationalspaces.dk](http://www.relationalspaces.dk)

| <b>Start date</b> | <b>Course</b>                     |
|-------------------|-----------------------------------|
| 22.09             | Relating Games                    |
| 24.09             | Freedom Through Surrender         |
| 06.10.            | Body Awareness Masterclass        |
| 09.10             | The ART of Being Human - level 1  |
| 23.10             | Circling Immersion                |
| 27.10.            | Empowered Intimacy for Couples    |
| 04.11.            | Conscious Improvisation: Module 1 |
| 06.11             | Following Jonathan                |
| 07.11             | The 5 Principles of Circling      |
| 13.11             | The ART of Being Human - level 2  |
| 17.11             | Psychonautics 101                 |
| 03.12             | Winter Festival                   |
| 29.01.            | Socionautics                      |

## **Welcome to the Relational Spaces course programme 2021/2022.**

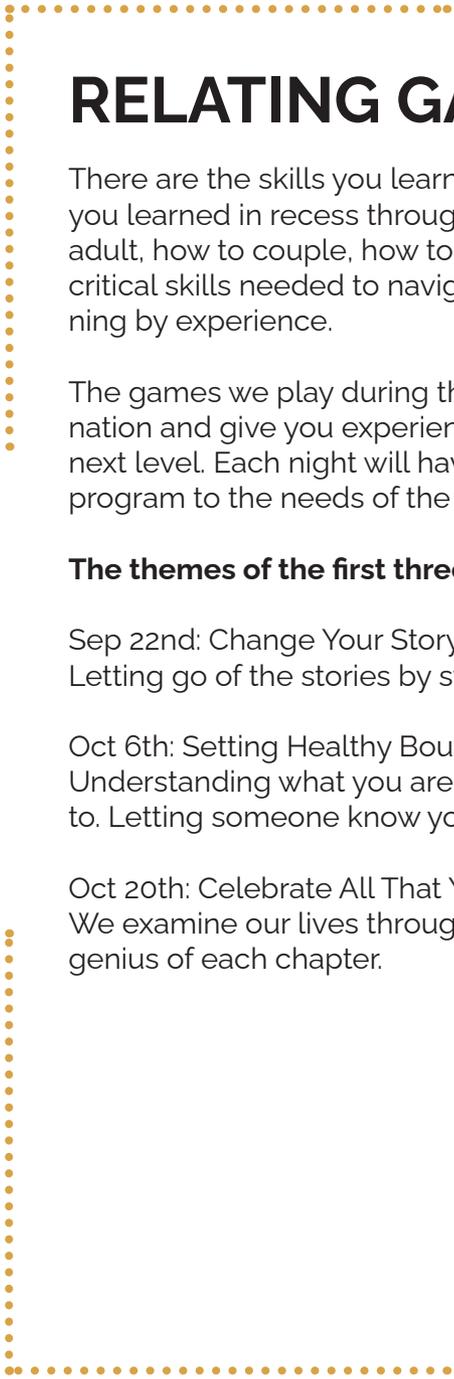
It is very exciting for us to have a course programme featuring both internal and external teachers who will bring their best content to Relational Spaces. It feels precious to finally have a space in Copenhagen where these practices can come to life.

In the following pages you can find courses that will help you to discover new aspects of embodiment, play, presence and intimacy.

We wish you a wonderful journey.



**The Relational Spaces team**



# RELATING GAMES

There are the skills you learned in school during class, and then there are the other skills you learned in recess through interaction. When it comes to learning how to human, how to adult, how to couple, how to fight for your rights, how to keep your cool, and all those other critical skills needed to navigate life with other people, there really is no substitute for learning by experience.

The games we play during these 7 Relating Games Nights are meant to spark your imagination and give you experiences of acting in ways that will take your relating skills to the next level. Each night will have a stand-alone theme and we will adapt the latter part of the program to the needs of the group. Brooks will facilitate, and will bring in thematic experts

## **The themes of the first three Games Nights:**

Sep 22nd: Change Your Story

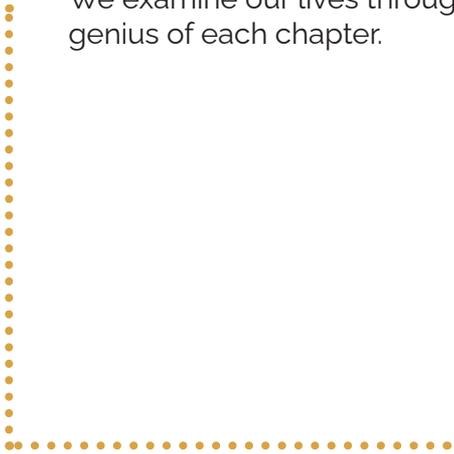
Letting go of the stories by staying with your experience of telling it in different ways.

Oct 6th: Setting Healthy Boundaries (feat. Natasha Figuera Husted)

Understanding what you are a no to in life is the key to filling it with the things you are a yes to. Letting someone know your boundaries is letting

Oct 20th: Celebrate All That You Were (feat. Heinz Robert)

We examine our lives through the lens of our development into adults and celebrate the genius of each chapter.



## Testimonials

*"...you will learn something enlightening and enlivening through their immersive and embodied practices. They're not only challenging, but they were fun and I loved you learn through games. I was invited back into the beginners mind, and I am so grateful for it. The high quality space, presence, support, and skill from Brooks and Natasha is what allowed me to be vulnerable enough to face what I needed to improve."*

– Jocelyn Lee



### Daniel Brooks

Brooks has experience from quite diverse avenues of life; over the years he's been trained as a physicist, a soldier, and a zen monk. In 2010 he discovered authentic relating and was immediately hooked on the vast potential of it. He's since made it an integral part of his personal and professional practice.

**Dates:** 22.09. | 06.10. | 20.10. | 03.11. | 17.11. | 01.12. | 15.12.

**Time:** 18.30-21.00

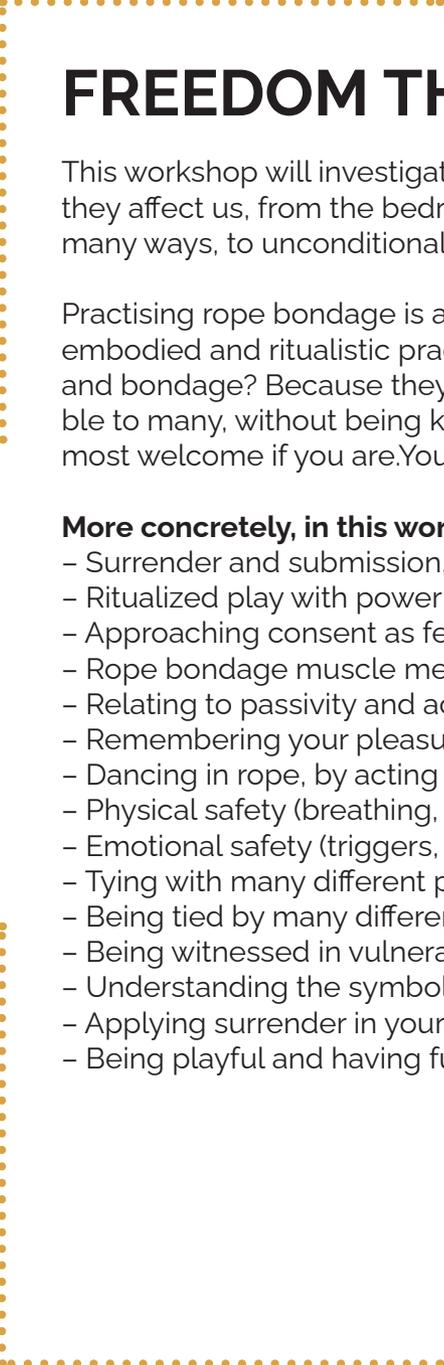
**Place:** Relational Spaces, Ryesgade 15, 2200 Copenhagen

**Participants:** max 20

**Price:** 650 DKK

*It is possible to participate in a single evening for the price of 180 DKK.*

**[www.relationalspaces.dk/events/relating\\_games/](http://www.relationalspaces.dk/events/relating_games/)**



# FREEDOM THROUGH SURRENDER

This workshop will investigate themes of power, control, surrender, and submission; and how they affect us, from the bedroom to our relationships and everyday life. To be bound is, in many ways, to unconditionally belong.

Practising rope bondage is a methodology for many different aspects of relating. It is an embodied and ritualistic practice in the juxtaposition between safety and bravery. Why rope and bondage? Because they together create a soft yet powerful experience that is accessible to many, without being kinky, or into BDSM, or sex geek, or guru. Of course, you are still most welcome if you are. You will be fully clothed during the workshop.

## **More concretely, in this workshop, you will work with:**

- Surrender and submission, as a meditation
- Ritualized play with power and control.
- Approaching consent as feeling together.
- Rope bondage muscle memory for improvisation.
- Relating to passivity and acceptance while being bound.
- Remembering your pleasure while holding space for another.
- Dancing in rope, by acting and reacting together.
- Physical safety (breathing, blood circulation, and nerve pressure).
- Emotional safety (triggers, traumas, and boundaries).
- Tying with many different people.
- Being tied by many different people.
- Being witnessed in vulnerability and many different emotions.
- Understanding the symbolic body and senses in bondage.
- Applying surrender in your everyday life
- Being playful and having fun.

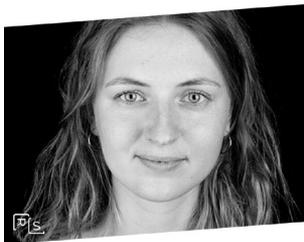
## Testimonials

*"Being bound by Andy was an extraordinary experience. His calm and focussed presence very quickly put me at total ease and I could fully relax into the experience. Within minutes my mind went into "thoughtless mode" and what followed was a journey of bodily sensations, underscored by the tantric pleasure-response that my body readily drops into when I feel safe."*



### Andy Buru

Your guide will be Andy Buru, who has dedicated the past ten years to researching rope bondage since he left his career as an organizational coach. He exists in the space between neo-tantra and conscious kink and the experimental Berlin bond-age and traditional Japanese kinbaku. When not teaching or tying, he dreams about building a Scandinavian teahouse with a belonging garden.



### Cherie Ellen

Cherie's passion is polarity, patterns in relationships and edges that make us step into ourselves more fully. She slows down intimacy and creates a space for soft healing, focusing on embodiment and authentic connection.

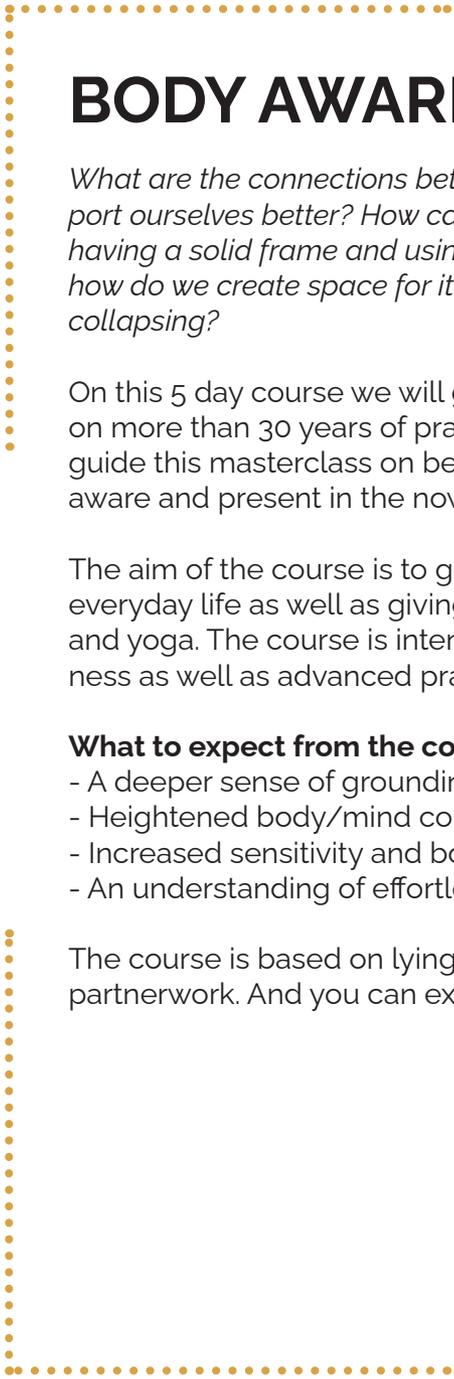
**Dates and Time:** 24.09. (18-21) | 25.09. (10-21) | 26.09. (10-18)

**Place:** Relational Spaces, Ryesgade 15, 2200 Copenhagen

**Participants:** max 14

**Price:** 1900-2800 DKK.

[www.relationalspaces.dk/events/freedom-through-surrender/](http://www.relationalspaces.dk/events/freedom-through-surrender/)



# BODY AWARENESS MASTERCLASS

*What are the connections between mind and body? How can we balance our skeletons to support ourselves better? How can we develop better grounding? What is the difference between having a solid frame and using force? What are the soft tissues in the body like the fascia and how do we create space for it to move fluently? What is the difference between relaxing and collapsing?*

On this 5 day course we will go deep into the relationship between body and mind. Based on more than 30 years of practicing and teaching body awareness, Torben Bremann will guide this masterclass on becoming more physically and mentally grounded, get more aware and present in the now and getting a deeper level of body/mind connection.

The aim of the course is to give you tools for moving and expressing yourself freely in everyday life as well as giving you inspiration for going deeper in practices such as dance and yoga. The course is intended can be beneficial for those who are new to body awareness as well as advanced practitioners.

## **What to expect from the course:**

- A deeper sense of grounding.
- Heightened body/mind connection.
- Increased sensitivity and body awareness.
- An understanding of effortless movement.

The course is based on lying, standing and moving exercises. It will contain both solo- and partnerwork. And you can expect clear hands-on demonstrations and teaching from Torben.

## Testimonials

*I have been studying Tai Chi for a little while, but studying with Torben quickly took my practice to new levels through enhanced partnerwork, energy flow and increased pleasure in practice. Torben demonstrated high level skills! He knows how to communicate and he cares so deeply about helping those on the path to "internal" development.*

- Robert Evers



### Torben Bremann

Torben has devoted his life to explore body, mind and the connection between them. In addition to his Tai Chi and Qigong practice he is very well educated both in Western and Eastern medicine. Torben has students all over the world and has written more than 10 books. He is acknowledged for his walk the talk approach and has more than 30 years of teaching experience.

**Dates:** Wed. 06.10. | 20.10. | 03.11. | 17.11. | 01.12.

**Time:** 18.00-21.00

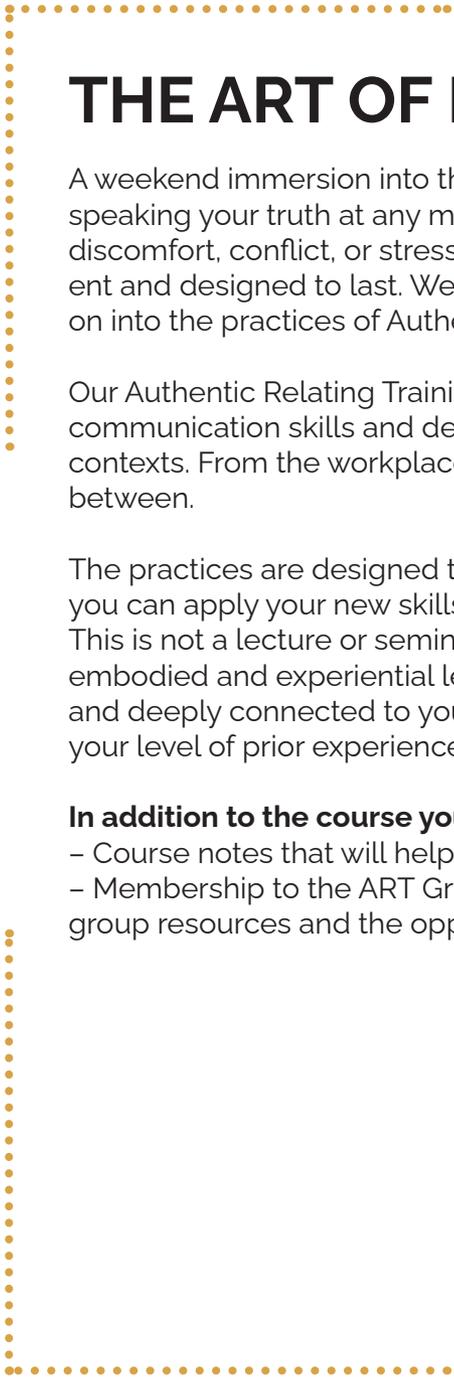
**Place:** Relational Spaces, Rymsgade 15, 2200 Copenhagen

**Participants:** max 12

**Price:** 2500 DKK

*We sell earlybird tickets for 2000 DKK you sign up before september 15th.*

**[www.relationalspaces.dk/events/body-awareness-masterclass](http://www.relationalspaces.dk/events/body-awareness-masterclass)**



# THE ART OF BEING HUMAN - LEVEL 1

A weekend immersion into the practices of Authentic Relating. Imagine being yourself and speaking your truth at any moment in your life. Imagine having grace under fire in times of discomfort, conflict, or stress. Imagine building connections and relationships that are resilient and designed to last. Welcome to the ART of Being Human level 1: A weekend immersion into the practices of Authentic Relating.

Our Authentic Relating Training level 1 is a unique and profound course that helps refine communication skills and deepen human connections across all social contexts. From the workplace to the living room, from strangers to partners and everyone in between.

The practices are designed to be as accessible, adoptable, and engaging as possible, so you can apply your new skills to your life right away, with immediate results. This is not a lecture or seminar – it is a deep dive full-immersion training that emphasizes on embodied and experiential learning and will leave you enlivened, heart and mind-opened, and deeply connected to yourself and others. This course is truly for everyone – no matter your level of prior experience or training.

**In addition to the course you will receive:**

- Course notes that will help you deepen your practice in everyday life
  - Membership to the ART Graduates Facebook group with access to regular zoom calls, group resources and the opportunity to stay connected with ART graduates worldwide.
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## Testimonials

*"The Level 1 course has changed my entire view of my identity in a matter of two days. All the masks I used to wear have been stripped away and I have found myself for what feels like the first time. My heart feels so open to accept everyone in my life without judgment. I have found brothers and sisters who see me for who I am. I never thought I could feel so connected, so free, so alive! My life has completely changed."*

- Nick



### Daniel Brooks

Brooks has experience from quite diverse avenues of life; over the years he's been trained as a physicist, a soldier, and a zen monk. In 2010 he discovered authentic relating and was immediately hooked on the vast potential of it. He's since made it an integral part of his personal and professional practice.



### Natasha Figueroa Husted

Natasha have been on a path of Authentic Relating for over 20 years by integrating honesty practices, dance, tantra, shamanism, improvisation, and more. Their main passions are intimacy, communication, vulnerability, gender balancing, and love. As a person of mixed heritage and raised in multiple cultures,

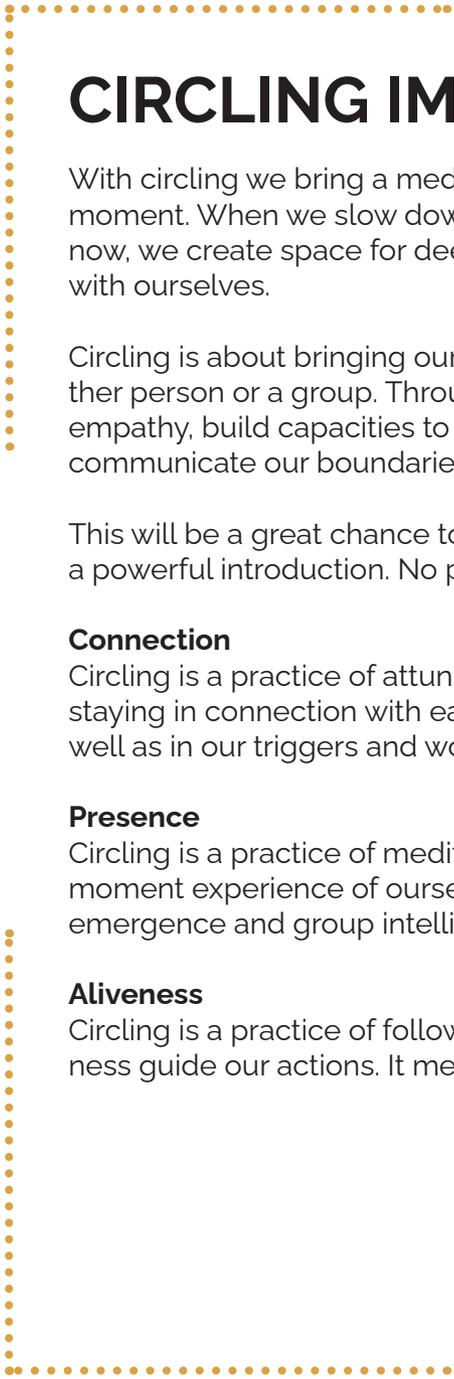
**Dates and Time:** 09.10. (10-20) | 10.10. (10-20)

**Place:** Relational Spaces, Ryesgade 15, 2200 Copenhagen

**Participants:** max 20

**Price:** \$345 USD

<https://authenticrelating.co/courses/level-1/>



# CIRCLING IMMERSION

With circling we bring a meditative acceptance and awareness to what's happening in the moment. When we slow down, focus and reveal what is happening between us here and now, we create space for deeper meetings with the people around us, and deeper intimacy with ourselves.

Circling is about bringing our presence, aliveness and vulnerability into connection with another person or a group. Through circling we develop our sensitivity and empathy, build capacities to better understand our body-beings and learn communicate our boundaries and longings more clearly.

This will be a great chance to go deeper in your circling practice or if you are new to circling, a powerful introduction. No previous experience with circling is required to participate.

## **Connection**

Circling is a practice of attuning to other humans by revealing our authentic truths while staying in connection with each other. We bring ourselves in vulnerability and innocence as well as in our triggers and woundings.

## **Presence**

Circling is a practice of meditative awareness teaching us to become sensitive to the in-the-moment experience of ourselves and the group. It is an exploration of emergence and group intelligence.

## **Aliveness**

Circling is a practice of following what is alive for us in every moment and letting that aliveness guide our actions. It means getting in touch with and embodying our inner longings.

## Testimonials

*...“I was blown away by the intensity and honesty that was present last weekend. It is really hard to write words about something that left me speechless afterwards. Take a step off the beaten path and step into circling.”*

*...“I’ve been to two Circling Immersions with Wuwei and they’re just phenomenal. The space is really well held: safe yet broad, allowing for a richness of expression and even for conflict to be welcomed. This is some next level spaceholding and I highly recommend it.”*



### **Peter Munthe-Kaas**

Peter has been leading circling in Copenhagen since 2016. He is one of the most experienced circling leaders in Scandinavia and has organized more than 15 circling weekends in Denmark in the last years. Peter has also been on the leadership team on Circling Europe’s 6 month leadership trainings in Amsterdam, London, Copenhagen and Malmö.

**Dates and Time:** 23.10. (10-18) | 24.10. (10-18)

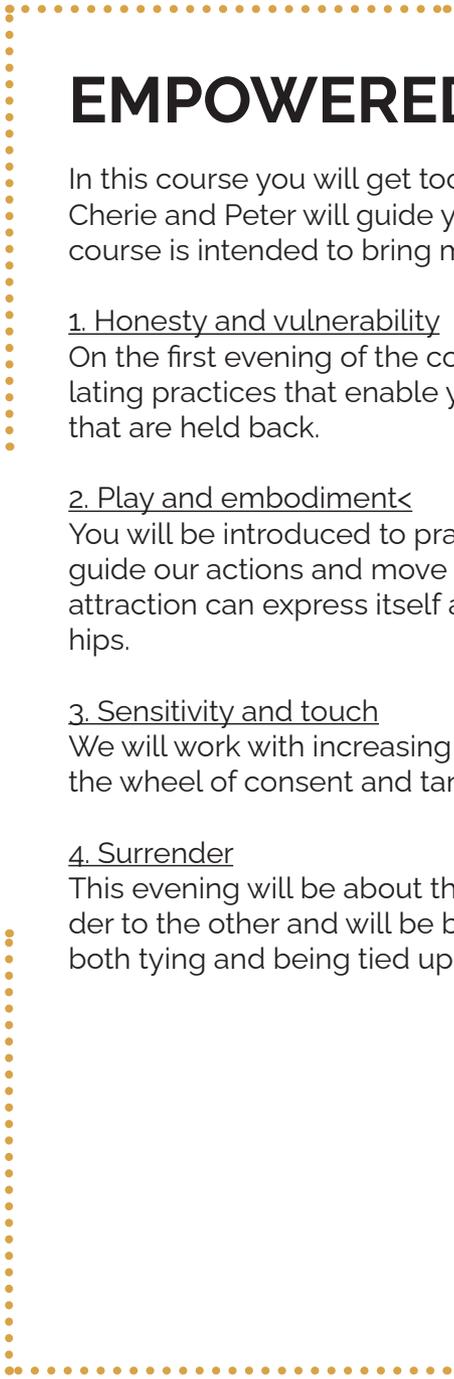
**Place:** Relational Spaces, Rymsgade 15, 2200 Copenhagen

**Participants:** max 15

**Price:** 1550 DKK.

*We sell earlybird tickets for 1250 if you sign up before october 1st.*

**<https://www.relationalspaces.dk/events/circling-immersion-october/>**



# EMPOWERED INTIMACY FOR COUPLES

In this course you will get tools and inspiration to deepen your intimate relationship(s). Cherie and Peter will guide you through a journey of vulnerability, intimacy, and trust. The course is intended to bring more life and juice into your relationship.

## 1. Honesty and vulnerability

On the first evening of the course we will introduce you to radical honesty and authentic relating practices that enable you to meet in deeper layers of yourselves and reveal the things that are held back.

## 2. Play and embodiment

You will be introduced to practices of playful embodied exploration where we let the body guide our actions and move from the core of your being. We will explore the many ways that attraction can express itself and the ways in which we can be with attraction in our relationships.

## 3. Sensitivity and touch

We will work with increasing intimacy through sensitive touch based on bodywork practices, the wheel of consent and tantric exercises (with clothes on).

## 4. Surrender

This evening will be about the powerful experiences that can be achieved through surrender to the other and will be based on soft shibari (ropework) exercises. You will experience both tying and being tied up.

## Testimonials

*"Being authentic and beautiful like that – it creates a safe space and a place for me to just be myself and feel that everything is welcome."*

-Josefine R



### Cherie Ellen

Cherie is practicing doing less to feel more. And curious about what arises between people who dare to slow down and relate from the body and heart. ' She has a background in shibari and tantric arts and have been exploring embodied intimacy practices in many different ways.



### Peter Munthe-Kaas

Peter is curious about vulnerability and embodiment and has been on a journey of relational exploration for quite some years. He has a background in Taiji and Qigong, has been leading circling and surrendered leadership since 2016 and offering Body Therapy since 2018.

**Dates:** Wed. 27.10. | 10.11. | 24.11. | 08.12.

**Time:** 17.45-21.30

**Place:** Relational Spaces, Ryesgade 15, 2200 Copenhagen

**Participants:** max 8 couples

**Price:** 4000 DKK pr. couple.

*We sell earlybird tickets for 3500 DKK pr. couple if you sign up before october 1st.*

**[www.relationalspaces.dk/events/empowered-intimacy](http://www.relationalspaces.dk/events/empowered-intimacy)**

# CONSCIOUS IMPROVISATION: MODULE 1

The Conscious Improvisation methodology is a good way to acquire new social skills, improve one's communication 1 to 1 or with presentations. Strengthen one's creativity and fantasy, create security in the relationship with yourself/others and much more. It's based among other things on traditional drama training, Improv Theatre, Wheel of Consent, Access Consciousness and more.

## **Become an even better you**

Get a unique chance to step into a different engagement of self-development with the QbicCircle perspective on improvisation. Want to be a better professional? A better friend? A better you? Conscious Improvisation will teach you, among many things, how to tackle the unprepared with drive and success, in a safe and supportive environment. You will be challenged to move out of your comfort zone and most likely laugh and have fun while you do it.

## **Learn to own your power**

Discover more about yourself. Learn to be bolder, to open up and stand firm. Understand, know and trust what you have to offer and bring it forward. Learn to act in ways that are deliberate, focused and grounded in your values.

## **Learn to adapt and be agile**

To improvise requires flexibility and agility. When something isn't working, you often have to change things up on the fly or in the moment. You will learn that change is just another part of the process of getting it right and have success.

## **Learn the importance of emotions**

What makes us different from machines and computers is our ability to imagine and feel emotions. Building emotional awareness in your life is a gift for growth and wisdom. You will learn to make each person in your life feel seen, understood and valuable.

## **Conscious Improvisation is for everyone**

Regardless of age, profession and previous experience. The course is for you who have never tried improvisation before. Or you who have a dream of avoiding sweaty palms the next time you have to present something to your colleagues, customers or partners. Or for you who just want a fun and challenging moment with your friends.

## Testimonials

*"I still remember my first lesson in improvisation by Rolando Yunquera!! 3 hours just flew. Rolando is a fantastically energetic and attentive teacher of improvisation. If I did not have too many things to do right now, I would throw myself in and play with others."*  
- Sigita Skudra



### Rolando Yunquera

Rolando is an educated Social Educator from VIA University College Peter Sabroe. A graduate of the Dell'Arte School of Physical Theatre, ICC Theatre and IO Chicago. He has taken a multitude of courses. He has done hundreds of shows and appearances as an actor and improviser. His teachings are based primarily on Improv Comedy Theatre, but also inspired by classical drama/theatre techniques, CI, Wheel of Consent and other methodologies.

**Dates:** Wed. 04.11. | 11.11. | 18.11. | 25.11.

**Time:** 18.00-21.00

**Place:** Relational Spaces, Ryesgade 15, 2200 Copenhagen

**Participants:** max 15

**Price:** 3000 DKK pr. couple.

*We sell earlybird tickets for 2500 DKK if you sign up before october 4th.*

**[www.relationalspaces.dk/events/conscious-improvisation](http://www.relationalspaces.dk/events/conscious-improvisation)**

# FOLLOWING JONATHAN

In this mini-course we want to explore the phenomenon of personal practice. We use Richard Bach's book about the seagull who becomes enlightened and transcends default reality as poetic inspiration for a 6 week exploration of how we can take more leadership in our lives through practice - how practice can lead us on a path of freedom.

## **Part one**

06 November: 11.00 - 18.00

The course starts with a full day of diving into and exploring the phenomenon of practice. We will use "Jonathan Livingston Seagull" as a poetic framework and reference point for understanding core aspects of practice.

Some of the themes we will cover are:

- Practice as exploration of the unknown.
- Freedom through discipline and dedication.
- Finding good teachers.
- Beginner's mind and what it means to be a student.
- Self leadership and authorship.
- Bringing your practice into life.

We will end the first day of the course with commitments. Here you will commit to a practice of your own choice and write down how you wish to bring it into life. You will also be introduced to a way of documenting your process.

## **Part two**

22 November: 18.00 - 21.00 ; 13 December: 18.00 - 21.00

The second part of the course will be two check-ins, three weeks apart where we meet as a group to reflect and share about our experiences with practicing in the previous period.

## **Part three**

10 January: 18.00 - 21.00

The third part of the course is a celebration. You will be invited to share something about your discoveries at an open event in Relational Spaces.

## Testimonials

*"Viola is wonderfully creative and has the capacity to bring something concrete and life affirming out of the world of literature."*



### **Viola Ellehammer Dasseville**

Viola Ellehammer Dasseville (25) started to experiment with having a practice when she was 16. She moves within the field of Fine Art and Relational Practices, where integrity, dignity and the art of being with is core to her interest. She is an active art practitioner currently under Glasgow School of Art, and besides that facilitates Systemic Constellation, Conflict Mediation, and is training as a Circling facilitator with Circling Europe.



### **Peter Munthe-Kaas**

Peter Munthe-Kaas (40) started practicing Tai Chi when he was 25. This practice led him to discover that his body was more than a vessel to carry his mind around and he started enjoying dance and movement more. From the embodiment also came a keen interest in the truth and how to become more honest, vulnerable and present in relationships which is the path Peter still finds himself on. Peter teaches circling in Copenhagen and at Circling Europe's SAS trainings.

**Dates:** 06.10. | 22.11. | 13.12. | 09.01.

**Time:** Day 1: 11-18, Day 2-4: 18-21

**Place:** Relational Spaces, Ryesgade 15, 2200 Copenhagen

**Participants:** max 12

**Price:** 1150 DKK pr. couple.

*We sell earlybird tickets for 750 DKK if you sign up before october 6th.*

**[www.relationalspaces.dk/events/following-jonathan](http://www.relationalspaces.dk/events/following-jonathan)**

# THE 5 PRINCIPLES OF CIRCLING

In this course you get a solid introduction to the relational meditation practice of circling and the principles behind it. You will work on becoming more vulnerable, present and intimate with yourself and others.

The course runs over 5 evenings, each focusing on one of the principles, and ends in a weekend immersion where we spend 2 days together going deep in the practice. In total you get 50 hours of direct circling experience.

## 1. Commitment to connection

An invitation to stay in connection with whatever is arising between you and others. This includes revealing yourselves and being open to the impact from others.

## 2. Owning experience

Getting to our deepest truth, our unarguable experience beyond our projections and taking responsibility for what is happening in us.

## 3. Staying with the level of sensation

By including the subtle bodily sensations in our awareness and expression, we can share with more power, presence, and discover more truth.

## 4. Being with the other in their world

Deeply appreciating the perfection of someone in each moment, while getting penetrating insight into the nuances of their way of being.

## 5. Trusting experience

Invites us to honor the relative truth of any given experience inside of us, while discerning what is happening. It is often an invitation to trust the unknown,

## Weekend workshop

A weekend deepdive into circling. At the weekend we will practice everything we have worked with during the course

## Testimonials

*...“After my participation in the September 2019 Immersion I can confidently say that I have fallen in love with circling. I had such an impactful and meaningful experience, that I would like to recommend everyone to explore the space that Peter facilitates.”*

*...“I was blown away by the intensity and honesty that was present last weekend. It is really hard to write words about something that left me speechless afterwards. Take a step off the beaten path and step into circling.”*



### **Peter Munthe-Kaas**

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**Dates:** Sat. 07.11 | 12.12. | 09.01. | 06.02. | 06.03. + Weekend retreat 2-3/4 2022

**Time:** 12.00-17.00

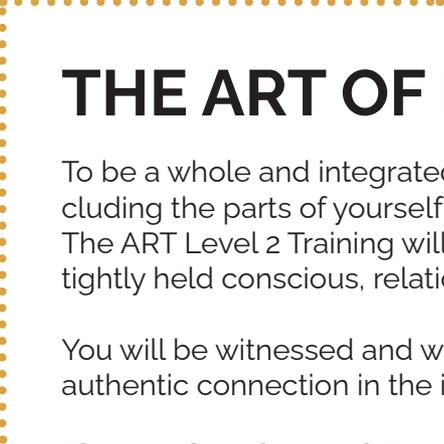
**Place:** Relational Spaces, Ryesgade 15, 2200 Copenhagen

**Participants:** max 14

**Price:** 4500 DKK.

*We sell earlybird tickets for 3750,- if you sign up before october 7th.*

[www.relationalspaces.dk/events/the-5-principles-of-circling/](http://www.relationalspaces.dk/events/the-5-principles-of-circling/)



# THE ART OF BEING HUMAN - LEVEL 2

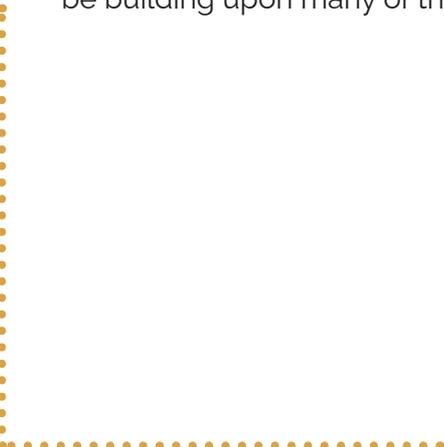
To be a whole and integrated human being means knowing and welcoming yourself fully, including the parts of yourself that you turn away from, suppress, and disown. The ART Level 2 Training will guide you to explore your own shadows and those of others in a tightly held conscious, relational space.

You will be witnessed and welcomed in your journey, and have access to vast new realms of authentic connection in the intimate and vulnerable territory we explore together.

## **The Level 2 Advanced Course includes skills and practices in these areas:**

- Nervous system training - how to be with any charge and stay empowered and composed.
- Group attunement - how to tune into a group field and notice and name what's present.
- Integrity as a practice - how to establish, maintain, and restore a personal standard of integrity.
- Body language - how to read, perceive and interpret all forms of body language.
- Multiple perspectives - how to hold multiple perspectives and use them as a bridge to connection.
- Own your experience - going deeper into owning your experience than at the Level 1.
- Making the implicit explicit in culture and society.
- Dignity and humility as an embodied experience and reference point.
- Public speaking - how to be known and revealed in speaking to groups.
- Other high-level advanced authentic relating tools and skills offered throughout the course.

You must have already graduated from ART Level 1 to be eligible for this course, since we will be building upon many of the insights and teachings from that course.'



## Testimonials

*"My experience with the facilitators was out of this world. The containers they held made opening up very safe and welcoming. I really enjoyed the practical application of the tools they taught and the real life examples that touched my heart. The laser-like deepening of their facilitation made it easy to access the places that were yearning to be seen."*

- Sasha



### Daniel Brooks

Brooks has experience from quite diverse avenues of life; over the years he's been trained as a physicist, a soldier, and a zen monk. In 2010 he discovered authentic relating and was immediately hooked on the vast potential of it. He's since made it an integral part of his personal and professional practice.



### Natasha Figueroa Husted

Natasha have been on a path of Authentic Relating for over 20 years by integrating honesty practices, dance, tantra, shamanism, improvisation, and more. Their main passions are intimacy, communication, vulnerability, gender balancing, and love. As a person of mixed heritage and raised in multiple cultures,

**Dates and Time:** 13.11. (10-20) | 14.11. (10-20)

**Place:** Relational Spaces, Ryesgade 15, 2200 Copenhagen

**Participants:** max 20

**Price:** \$395 USD

<https://authenticrelating.co/courses/level-2/>

# PSYCHONAUTICS 101

A fish in the sea may have no concept of "water", since it simply constitutes the world it inhabits. Yet, the quality of the water is fundamental to its well-being. Similarly, consciousness itself is foundational to all our human experiences, and we can live our lives without giving a second thought to the arena in which they are manifested. Many challenges of the human condition, such as depression or lack of meaning, are essentially problems of consciousness. However, by developing awareness of and learning to navigate in one's own consciousness it is possible to achieve a great sense of well-being, freedom, and a sense of meaning. "Psychonautics" imply these practices or psychotechnologies broadly.

Consciousness practices are at the core of many spiritual traditions. Meditation and contemplative practices cultivate insight into the nature of consciousness itself. Since the mind and body is a unified field, physically based practices like yoga or qi gong also have profound effects on consciousness. Other methods like breathwork, shamanic journeying or psychoactive plant medicines can induce non-ordinary and even mystical states of consciousness, with the potential for extraordinary healing, insight and spiritual growth.

The course will provide a foundation and overview to intentionally and safely explore and cultivate consciousness.

## **Participants will develop:**

- Essential practices of mindfulness meditation and body awareness, useful for centering oneself in psychonautic explorations and life in general
- Direct experience in naturally achieved non-ordinary states of consciousness through breathwork, guided meditation and cacao ceremony
- Theoretical understanding of tools such as plant medicines, their history and cultural frameworks, and how to explore this path responsibly and ethically
- Knowledge of safety precautions and essential frameworks for anchoring and integrating non-ordinary experiences
- Direct personal experience with altered states consciousness through breathwork, guided meditation and cacao ceremony
- A network of like-minded peers to provide mutual support and reflection

The course also serves as a framework for participants to reflect on our life journeys with like-minded peers in a safe and confidential space. In addition to group sessions, the course involves personal guidance, and skilled facilitators will be invited to co-host sessions related to their expertise (eg. qi gong, breathwork, cacao ceremony, microdosing, guided imagery).

The course will take place over 8 bi-weekly sessions on wednesday evenings from November to March.



#### **Martin Kufahl**

Martins natural curiosity motivates an ongoing journey to wisdom, passing through a M.Sc. in Nanoscience; a decade of experience with psychedelics both recreationally, ceremonially and therapeutically; several meditation retreats; and an education in somatic therapy. Currently chairman of Psykedelisk Samfund.

**Dates:** 17.11. | 01.12. | 15.12. | 12.01. | 26.01. | 09.02. | 23.02. | 09.03.

**Time:** 18.00-21.00

**Place:** Relational Spaces, Ryesgade 15, 2200 Copenhagen

**Participants:** max 14

**Price:** 4000 DKK.

*We sell earlybird tickets for 3200 if you sign up before october 17th.*

**[www.relationalspaces.dk/events/psyconautics 101](http://www.relationalspaces.dk/events/psyconautics101)**

# WINTER FESTIVAL

With the Winter Festival we want to create a cozy and intimate space for going deep into relational practices. As one of the 40 participants you get to experience a broad selection of the practices we work with in Relational Spaces, facilitated by our core crew of teachers. The workshops on the festival will focus on vulnerability, honesty, embodiment and presence and what we want to do is to practice bringing these qualities into our lives.

While a central point of the festival is to allow you to explore, deepen and try out new practices, the festival is also focused to make space for new and nourishing personal moments and meetings. You are invited to use your time on the festival for really exploring yourself in relation to others.

We have organized the festival around 8 workshop blocks of different lengths. In each block you get to choose between 3 different workshops.

## Friday

17:00: Check-in  
17:30: Introduction games and rituals  
19:00: Evening workshops (Workshop block 1)  
22:00: Programme ends  
23:00: Closing time

## Saturday

09:00: Check-in  
09:30: Morning workshops (Workshop block 2)  
11:30: Lunch Break  
13:00: Midday workshops (Workshop block 3)  
15:30: Break  
16:00: Afternoon workshops (Workshop block 4)  
18:30: Dinner Break  
20:30: Evening workshops (Workshop block 5)  
23:00: Closing time

## Sunday

09:00: Check-in  
09:30: Morning workshops (Workshop block 6)  
11:30: Lunch Break  
13:00: Midday workshops (Workshop block 7)  
15:30: Break  
16:00: Afternoon workshops (Workshop block 8)  
18:30: Ending Circle

## Testimonials

*... "Thank you sooo much for the Relational Spaces Festival. It was incredibly nice to be in a soft space like that after a long corona shutdown."*

*... "The Relational Spaces Festival has given me alot of material to work with. I was particularly impressed by the mix of "traditional" Authentic Relating material and the embodiment practices that we were introduced to. Thank you for a really good experience."*



### Relational Spaces

The festival is hosted by many of the teachers who work or teach in Relational Spaces. The festival is a good opportunity to meet the people and try the practices that we work with on a regular basis in the spaces.

**Date and Time:** 03.12. (17-23) | 04.12. (09-23) | 05.12 (09-19)

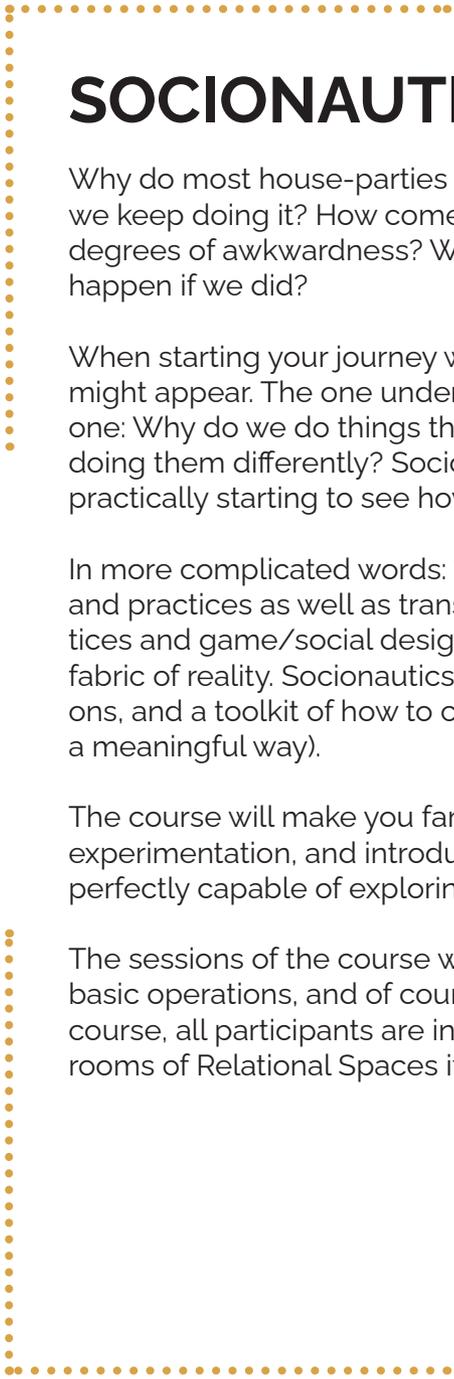
**Place:** Relational Spaces, Ryesgade 15, 2200 Copenhagen

**Participants:** max 40

**Price:** 1750 DKK.

*We sell earlybird tickets for 1450 if you sign up before November 1st.*

**<https://www.relationalspaces.dk/events/winter-festival/>**



# SOCIONAUTICS

Why do most house-parties start in the kitchen? Why do we feel alienated by small talk, yet we keep doing it? How come all social gatherings feel almost the same, except for varying degrees of awkwardness? Why is no one wearing asymmetrical beards, and what would happen if we did?

When starting your journey with socionautics, some of these questions (or similar ones) might appear. The one underlying question of socionautics that will always be there is this one: Why do we do things the way we do things -- and what would happen if we started doing them differently? Socionautics is the art of not only thinking about this question, but practically starting to see how these changes would play out.

In more complicated words: 'Socionautics' is a method both for exploring social conventions and practices as well as transforming them. The method integrates artistic research practices and game/social design into a serious and playful way of moving through the social fabric of reality. Socionautics gives you both a framework to understanding social interactions, and a toolkit of how to change them. In very easy words: Learn how to hack your life (in a meaningful way).

The course will make you familiar with the basic techniques of socionautic exploration and experimentation, and introduce you to some theory. In no time will you become a socionaut, perfectly capable of exploring the vastness of Social Outer Space alone or in groups.

The sessions of the course will include discussion of socionautic material, introduction to basic operations, and of course lots of exploration of social interactions. At the end of the course, all participants are invited to host a social experiment of their own (they can use the rooms of Relational Spaces if they want to).

And why would you do that? You'll learn a lot about how culture and social interactions work, and you'll develop a deeper understanding about how social situations work and play out. At the same time, with its very practical approach, socionautics empower you to take the responsibility for your own experience of social life into your own hands - without being patronizing or coachy about what you should do with your life. Last but not least, social experiments are one of the funniest things to do while always feeling meaningful.



**Thibault Schiemann**

Thibault has been a socionaut from the first minute, ever since the Social Space Agency was founded in 2014. Today Thibault is working with rituals and ceremonies in their agency "Liminal" -- not only here have socionautics laid the foundation for that endeavour.

**Dates:** Sat, 29.01. | 12.02. | 26.02. | 12.03. | 26.03.

**Time:** 14.00-18.00

**Place:** Relational Spaces, Rymsgade 15, 2200 Copenhagen

**Participants:** max. 10

**Price:** 3000 DKK

*Earlybird tickets for 2500 DKK if you sign up before January 1 2022.*

**[www.relationalspaces.dk/events/socionautics](http://www.relationalspaces.dk/events/socionautics)**

**RELATIONAL SPACES**

Ryesgade 15, Kld  
2200 CPH N

[www.relationalspaces.dk](http://www.relationalspaces.dk)

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