



Green up – education, ecology and art
Project Nr: 2021-1-PL01-KA210-ADU-000027376

GREEN UP



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Dofinansowano przez
Unię Europejską

MSK:

Community Center for Arts and Culture, Łódź, Poland

Director – Dorota Wodnicka

Erasmus+ Project Coordinator – Joanna Szczecińska

General concept – Maria Goldstein, Izabela Piętowska

Concept of activities – Agnieszka Kowalska-Owczarek, Jette Mellgren

Graphic design and text processing on the basis of the materials provided

and own participation in the project – Agnieszka Kowalska-Owczarek

English translation – “Sens” Translation Agency

ul. Krzemieniecka 2a,
94-030 Łódź, Poland

+48 42 674 92 30

sekretariat@msk.lodz.pl

zielono.mi.green.up@gmail.com

On the cover, a graphic by A. Kowalska-Owczarek – a collage of representations of natural structures: fractal and Fibonacci sequences with reference to project activities

Green up

The presented publication is the result of the “Green up – education, ecology and art “ project implemented as small scale project under the Action 2 of the Erasmus+ program in the adult education sector.

The main theme of our project was to show how important the synergy between man and nature is, as opposed to fighting it and destroying it. But the tool to achieve this goal was art and the development of creativity. The project combined artistic education with environmental education to achieve better results in raising public awareness of the state of our planet and environmental protection. We believe that when we discover the beauty and power of nature, we will also want to protect this heritage. The project made people aware of their responsibility for the state of the natural environment and ongoing climate change. The project also promoted proper behavior towards the environment and the need to maintain balance in nature. One of the main goals of the project was to increase ecological awareness among people at risk of marginalization due to age and disability.

The project was developed in connection with the ongoing pro-environmental activities focusing on art and wellness, which Polesie Art Center, now called the Art Centre of the Urban Cultural Zone in Łódź, have been performing for many years.

The overall concept of the project was proposed by Maria Goldstein. The title is a quote from a popular Polish song written by Agnieszka Osiecka in 1970. The theme of the song is love between two people, depicted through images of nature. Following this idea, we have created events that draw attention to the relationship between people and nature. This relationship seems to be necessary and crucial for finding one's own identity and for self-identification, but also, in times of climate change, for preserving the environment suitable for biodiverse life. By protecting our environment, we protect ourselves. This thought was developed in the grant application by Izabela Piętowska and Agnieszka Kowalska-Owczarek. The author of the concept of project activities on the Polish side is Agnieszka Kowalska-Owczarek, on the Danish side – Jette Mellgren.

The aims of the project:

- development of cooperation and exchange of experiences for the creative activity of adults at risk of marginalization
- strengthening motivation and inspiration for creative work in the communities of people at risk of marginalization
- improving and expanding the professional qualifications of educators working with adults at risk of social exclusion, both in the area of artistic education and care for the natural environment
- dissemination of art therapy methods among people at risk of social exclusion
- increasing pro-ecological behavior among disadvantaged adults.

Main target groups of the project:

- educators, instructors and therapists for adults from partner institutions
- people actively involved in educational work in the field of environmental protection
- specialists in the field of art therapy, working with people at risk of marginalization due to age and disability
- adults at risk of social exclusion due to age and disability.

The results of the project:

- expanding the offer of workshops raising ecological awareness in partner institutions
- learning new methods and techniques combining artistic and ecological education
- learning methods and techniques of work with adults at risk of marginalization
- changing the way of thinking of project participants to a more pro-ecological one
- acquiring the ability to creatively express ideas and feelings through artistic means of expression
- increasing social inclusion of disadvantaged groups through artistic and art therapy activities
- development of key competences of adults at risk of marginalization
- increase in intercultural, social and civic competences.

The project consortium was created by two institutions:

– Miejska Strefa Kultury in Łódź (Poland): it is a local government cultural institution co-financed by the city of Łódź. It consists of 15 branches located in various districts of the city. The branches operate under one brand, combining their experience and achievements. The main goal of MSK is to respond to the needs of the local community in the field of non-formal and informal education. The mission of MSK is to educate adults and youth, promote culture, animate and integrate the local community.

– Odense Aftenskole (Denmark): this is an adult education institution that organizes arts and crafts courses for beginners and advanced learners, including international courses. It focuses mainly on development projects in the areas of sustainable development, art, culture and the preservation of ancient traditions and crafts. The organization focuses on sustainable development and recycling in its activities.

About the brochure:

The brochure is designed to consolidate what was presented during 4 international training and local activities in the project, as well as to increase the availability of the ideas and activities presented in this way for educators/trainers who did not directly participate in the project.

The brochure contains presentations of different ideas, methods and exercises for non-formal educational activities addressed to people at risk of marginalisation focused on art and ecology.

The e-book is addressed to:

- trainers/educators/instructors who want to broaden their knowledge on the art and ecology activities addressed to the people at risk of marginalisation
- trainers/educators/instructors who are looking for inspiration and didactic ideas that could be included into their activities with people at risk of marginalisation
- local, regional and national educational institutions, who could offer new methods into own trainers, but also add new activities into their offer addressed to the people at risk of marginalisation.

The partnership wanted to diversify the themes of these proposals, so that they could be applied in many type of institutions and different particular disadvantaged groups as well as to diversify the competences that these activities will develop. Both partner institutions were engaged in the creation of this publication with own unique knowledge and experience.



Sustainable cities and communities – ANUPAMA KUNDOO

UN Goal 11

5/9 – 9/9/2022

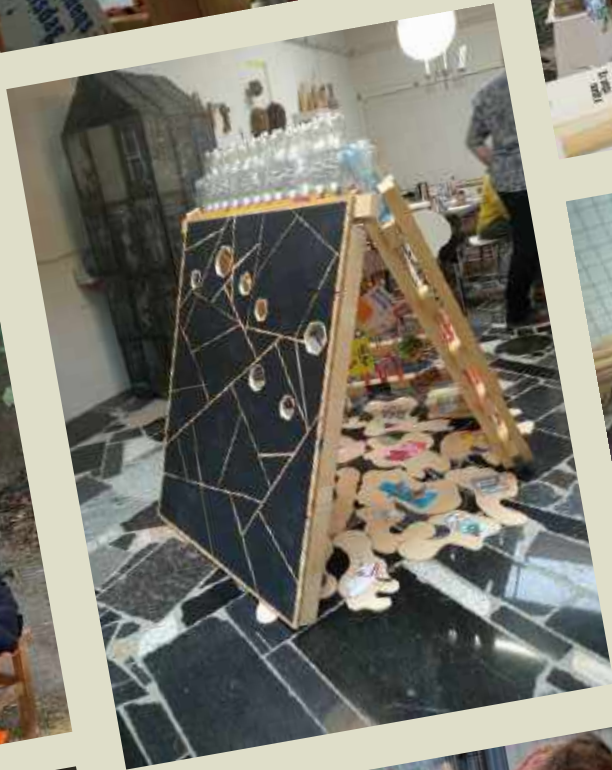
The meeting was held in Odense Aftenskole, Banevænget 22, Odense N.

4 participants from Poland and 6 from Denmark

The primary focus of the workshops was exploring a vision of an Indian architect Anupama Kundoo regarding sustainable functions of buildings. The participants discussed about architecture that pays homage to local traditions, taking into account contemporary trends and at the same time meeting the criteria of sustainable architecture. According to Kundoo, architecture is a vibrant, dynamic, and intelligent activity that seamlessly intertwines the past, present and future. In consequence, architecture is recognized as a culmination of various societal processes. By means of integrated project thinking, encompassing both the achievements of construction, cultural heritage, and ecological knowledge, we are able to respond to the current needs of local communities in harmony with environmental requirements. Architecture has the potential to contribute to health, happiness and well-being as well as to set the direction for an evolving society.

Participants of the workshops viewed a multimedia presentation on Kundoo and discussed the concepts of sustainable construction it contained. Such construction should be based on: use of local and recycled materials; reduction of materials that are harmful to the climate; and low energy consumption while maintaining high durability of the buildings. Kundoo teaches us that “time is not money – time is life”.

The participants formed three nationally mixed groups. Each group developed a small building for one person – an interactive reading room made of recycled materials, in line with a concept developed and discussed by all participants. The works were installed in the premises of the Odense City Public Library, promoting reading and ecology.

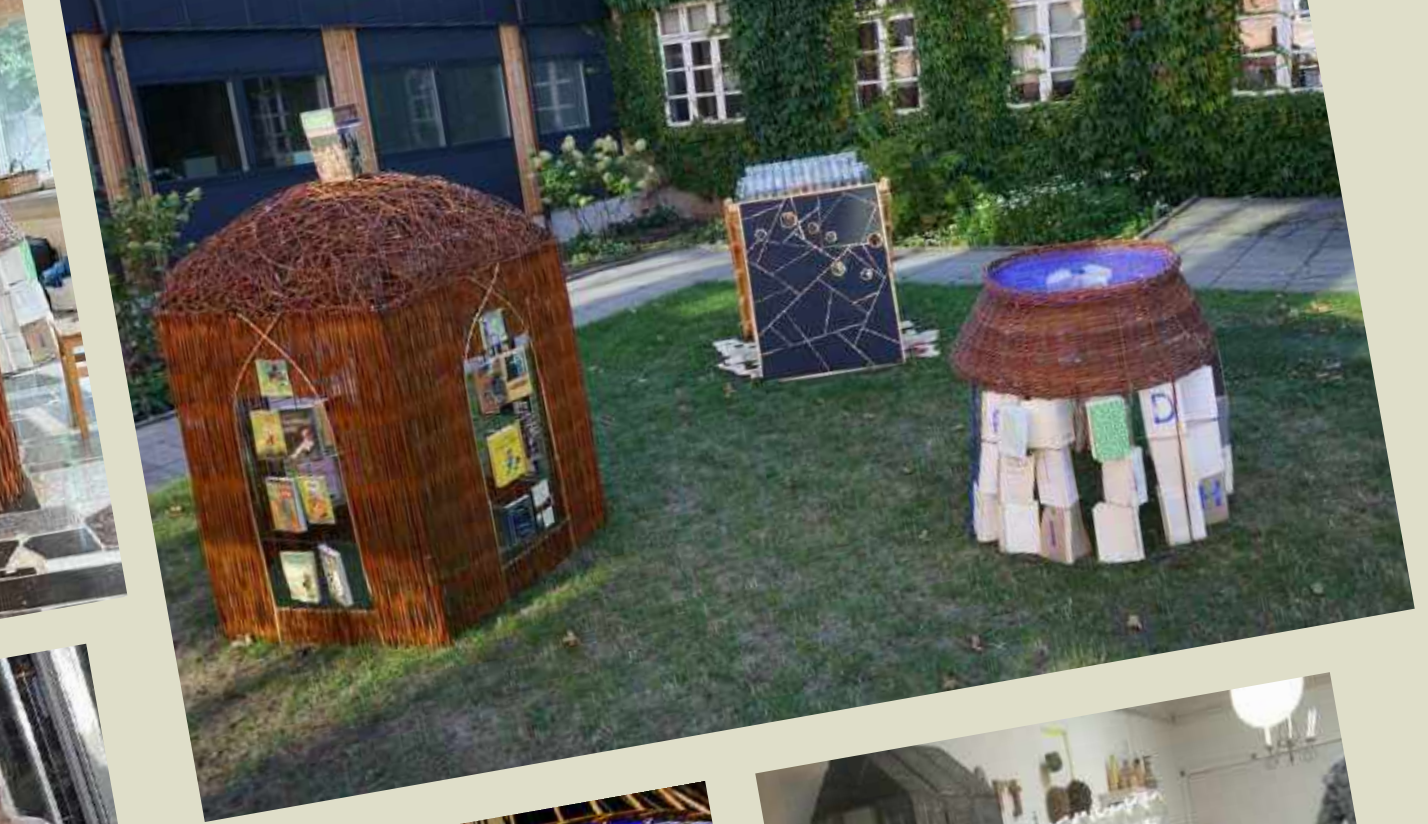


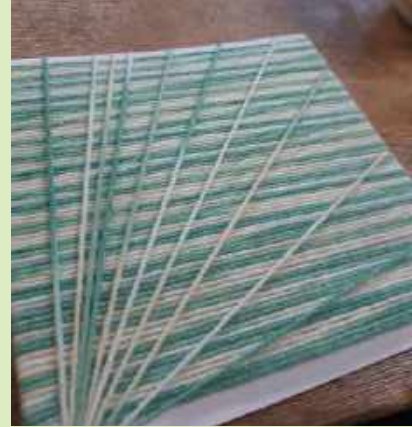


FIND YOUR STORY









INTERIOR VISUAL ART – Health and well-being

UN Goal 3

24.04–28.04.2023

The meeting was held in: Odense Aftenskole, Banevænget 22, Odense N.,
Maylandskoven, Bogensevej, Odense N., Muzeum Johannesens Larsensa, Kerteminde,
HC Andersens Hus, Odense C.

13 participants from Poland and 6 from Denmark

The observation of nature, its shapes, forms, colours, but also its processes, has always inspired human beings. In fact, we know no reality other than nature. We ourselves are subject to its laws, though we have often forgotten this, believing in our creativity and agency, and the power of the human mind. We have utilized matter, almost believing that we create it ourselves, while in reality we have acted as irresponsible experimenters, uncertain of the consequences of our actions. When building societies based on consumption, we have not reckoned with the consequences; we have disturbed the ecosystem, creating an environment that is hostile and unhealthy for us. Some argue that nature is turning against us, but in fact it is we who are turning against ourselves.

During this workshop, by listening to the voice of nature, gazing at its shapes, and analysing its forms, participants learned how artistic expression can help in understanding and creating a sympathetic environment. The value of these activities also lay in working together as a group, where participants experienced the manifestations of nature collectively and created collaborative works based on these experiences. An example of such activities was a weaving project inspired by the colours of spring. Participants created a personal statement by braiding a variety of yarn on a small piece of rigid cardboard. In addition to individual works, there were also “I weave and send on” works with every participant adding their own weave in such a way as to fit into the already existing yarn arrangement. In the Maylandskoven Forest, collaborative wicker weaving forms were created, forming a kind of shelters for contemplating nature. Another activity was the creation of musical pieces from pre-recorded nature sounds. An independent work was the creation of a particular type of photography - cyanotype. This process involves light-sensitive material coated with an iron salt solution and exposure to the sun,

which leaves an imprint of the forms placed on the paper. These forms remain light, while the background turns cyan.

The subtext of the proposed activities was the question of the relationship between nature and human beings as a series of personal experiences of the participants. How do we manifest as part of nature and does engaging in a dialogue with it provide answers to questions about the meaning of mutual coexistence that mankind has been pondering for centuries.

In addition to the practical activities during the training, participants visited the Johannes Larsens Museum in Kerteminde to see how photographer Jeanne Klerk creates photomontages of nature and its reflections in water, forming rich textual compositions.

By visiting the HC Andersen Museum, the participants had the opportunity to observe how nature can collaborate with interior design.







CYANOTYPE

IN SYNERGY WITH NATURE – fractals, labyrinths, spirals

2/7 – 8/7/2023

The meeting took place at the Community Center for Arts and Culture,
Łódź, Poland, Krzemieniecka 2a, Łódź

6 participants from Poland and 6 from Denmark

An example of synergy with nature is the use of geometric forms, which have been shaped by living organisms through evolution. The natural world is based on regularities created over millions of years. Every particle of matter contains an ingenious code that makes it take on a particular form. Biological structures are extremely interesting because they develop, duplicate and change their form. They fascinate human beings with their beauty and multifaceted complexity. In nature, the harmony of this beauty often manifests itself in FRAKTAL structures, SPIRALS, based on the Fibonacci sequence. They inspire artists and designers, who see in them not only original compositions and geometric arrangements that inspire creative activity, but also optimal engineering solutions.

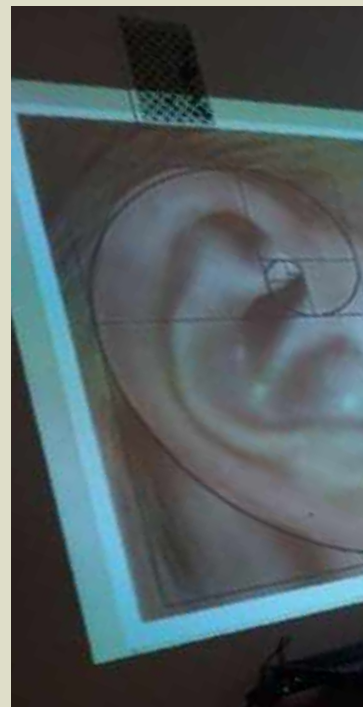
The training consisted of a series of workshops and lectures that increased that knowledge. The lectures were open to the wider public.

The training included a presentation entitled ‘Labyrinth of growing mysteries – in synergy with the work’ concerning the work of the late Professor Jędrzej Stępak, created as part of the “Zielono mi” project, and the screening of a film – an interview with the author of the work. The presentation was led by one of the creators of the land art work (‘Labyrinth...’) Bernard Borzęcki, a visual artist who is also a master of basketry. The audience were able to stay inside the artistic performance, actively participating in it. “I planted this sculpture” – said the author of the work, which was recorded in the film footage. This shows his personal relationship to the work he created with love and respect for nature, and its surprising forms changing over time. The ‘Labyrinth...’ installation was key to the project, and the LTT in Łódź summed it up.



During the training, lectures were presented that expanded on the theme of the labyrinth form in culture and science. Professor Andrzej KomisarSKI spoke about the fractal structure of labyrinths in mathematics. During the lecture, selected fractals were presented, including the Mandelbrot set, the Julia set, the Sierpinski triangle, carpet and pyramid, the Hilbert and Peano constructions, the Koch snowflake, the Minkowski sausage, the Heighway dragon and the Barnsley fern. Main mathematical ideas related to fractals are also mentioned, such as dynamical systems, deterministic chaos, Hausdorff dimension and iterated function systems. These fractals, subjected to simple colour treatments generated digitally, reveal to us the colourful richness of forms.

The anthropological lecture by Przemysław Owczarek, PhD, entitled 'The Symbolism of the Labyrinth in Culture - from Myth to Psyche', was based on the reminiscence of the myth of Theseus and Ariadne as a European prefiguration of the labyrinth motif in culture. The lecturer, through considerations of the meaning of the labyrinth as a space for second-degree initiation (a spiritual journey involving symbolic death and rebirth) introduced the theme of wandering in the labyrinth

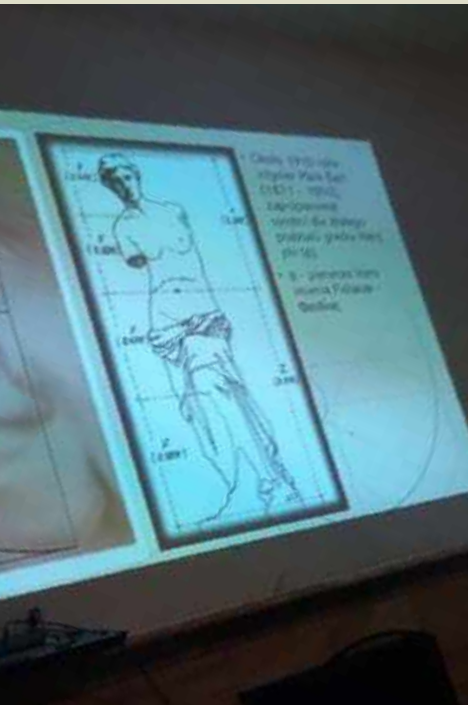




as a journey through the afterlife and realms of the dead. This corresponds to the contemporary cultural theme of depression seen as a labyrinth of death and rebirth of the self.

The lectures allowed participants to understand the presence in nature of forms, which are reflected in art, architecture and broadly understood culture, in connection with psychology and reflection on the current condition of humanity.

In nature, there are forms that approximate the regularities of the Fibonacci sequence, the golden ratio, which we have described in terms of beauty for centuries. Surprisingly, nature uses these forms to create the most economical solutions for energy absorption. These solutions are, for example, drawn upon by architecture. Wojciech Kozłowski, PhD, discussed the Fibonacci sequence as a mathematical form, while art historian Agnieszka Wojciechowska-Sej presented various forms of the sequence in the works of artists such as Raphael, Leonardo da Vinci, and in the activity of Łódź avant-garde artists: Katarzyna Kobro and Władysław Strzemiński. In particular, the mobile forms based on the sequence and the golden ratio of contemporary creator John Edmark, a lecturer at Stanford University, were discussed.



Małgorzata Augustyniak, an architect, designer and philosophy graduate, introduced the works of the eminent architect Hiroshi Nakamura, whose buildings incorporate organic inspirations and are created with the well-being and harmony of the residents in mind. Nakamura's works are ecological in many aspects. Characterized by deep respect for nature, they draw inspiration from natural forms such as leaves, blades, nests, and lianas. This respect is expressed through the coherent integration of structures into the landscape, accommodating roots, branches, and birds in spaces 'left behind' by nature. Nakamura's works also display deep attentiveness to the human user and their spiritual needs, for which the sacred space is an important aspect of the designed environment. The architect treats contact with nature as a fundamental condition for spiritual balance, therefore, in his projects, he incorporates nature into urban buildings, creating environmentally friendly formal and technical solutions, such as minimizing space for heating/air conditioning purposes, accompanied by natural methods of air cooling and ventilation, daylighting, installing green roofs, and using small-scale elements





and local materials. Some of his projects are based on the zero waste principle, as a response to the challenges of contemporary ecology.

Mariusz Zatylny, an architect, is the manager of the energy solidarity project “Warm Home – Warm Church” in the Global Catholic Climate Movement. Since 2019, as a Benedictine oblate (a lay member of a monastic community), he has been involved in the development of a deep integral ecology in dialogue with the contemplative traditions of other religions and the cultures of indigenous peoples. His reflections, in the course of imparting knowledge to participants, focused on energy-efficient solutions in architecture and construction, especially in contemporary architecture created with natural materials.

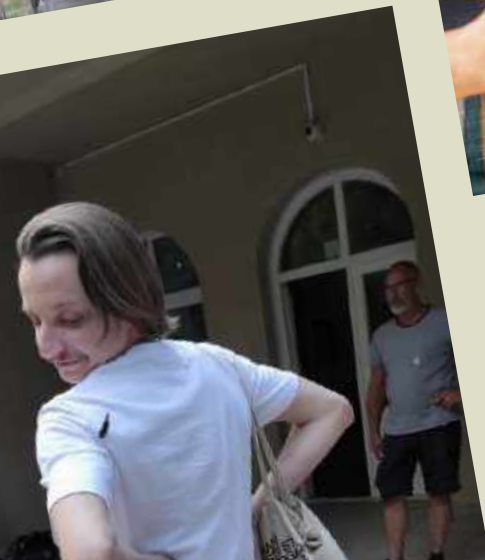
During the training, there was a presentation on the use of straw as an ecological material linked to artistic weaving workshops using straw, which were led by the master of straw craft, Anna Deynega. Participants had the opportunity to work with outstanding land art artists, the already mentioned Bernard Borzęcki and Jette Mellgren. The artist creates mainly weaving land art forms and also researches native basketry techniques in various regions of the world. She has authored

books and completed projects in Denmark, Sweden, Italy, Germany, the Netherlands, Mongolia, and Australia. Her artistic practice is motivated and stimulated by a deep respect for nature and the humans inhabiting it: “My practice is based on a personal engagement with the landscape, and my work stems from my relationship with nature. Through work, I celebrate and convey the essence of what I experience in communion with the natural world. My fundamental approach is to highlight the inherent and hidden characteristics of nature, its potential as a narrative carrier [...] My passion for nature goes hand in hand with compassion for humanity. For many years, I have had the great privilege of working with other cultures, especially with the Lango people in their environment in Uganda in Africa. Working in close agreement with other cultures means respect and enrichment, which leads to knowledge open to different traditions and increases our creative freedom.”

The performative activities, titled ‘Sky is the limit’, were led by Grzegorz Demczuk, an artist and doctoral candidate at the Academy of Fine Arts in Krakow, currently on an academic exchange at the Kunsthochschule Kassel. Demczuk translates his observations into performative actions, video, and site-specific installations. During his workshops, he presented various strategies of visual artists who refer to overlapping areas of culture and nature, pointing out to how the interrelated human and non-human, social, technological, and natural relationships, problems, and processes are subject to constant fluctuations.

The aim of the training ‘In Synergy with Nature’ was to expand the social awareness of our audience, who were primarily educators of adults, but also artists. Our working method was based on the use of tools that combine ecology and art. The basis for all actions is a change of mindset. Through art and the participation of artists in the project, we addressed the topic of deep ecology, believing that by discovering the beauty and power of nature, we learn to consciously protect it.











Rosarium

6/3 2023

The meeting took place near the forest and river in Dalum, 5230 Odense M.

8 participants from Denmark

The event was held in collaboration with the city library. Participants took part in a very communal experience combining literature and nature. They met at the library in Dalum and then went on a one-and-a-half-hour walk around the forest and river. During this time, excerpts from Charlotte Weitze's novel *Rosarium* were read out. The author offered a new perspective on literature and its experience of nature. The health and well-being promoting activity (UN Goal 3) aimed to initiate a different way of thinking about literature in relation to a deeper experience of nature. It has been known since the time of Aristotle that peripatetic activity fosters reflective consideration of a variety of issues, not only those framed philosophically. Perhaps it is worth revisiting this method, which makes use of such a natural form of our functioning in space as movement.





GARDEN DESIGN – Life on earth

UN Goal 15

26.03. – 29.03.2023

The meeting was held at KLIMAHAVEN, Campusvej 55, 5230 Odense M.

8 participants from Denmark



Based on the mathematical sequence discovered by Fibonacci and its widespread occurrence in nature, as well as its cultural references, during a practical workshop garden spirals based on the sequence were constructed to grow herbs.

The class was led by a horticulturist with specialist knowledge and a philosophical approach to the subject of the workshop. Participants created several spiral garden formations on their own.

This type of cultivation is intended to foster ecosystem well-being based on the natural features of the landscape, which entails a sustainable approach to practical activity related to horticulture and the arts.

CLOTHS, FASHION AND RESPONSIBILITY – – Sustainable consumption and production

18.11, 25.11 – 2023 UN Goal 12

The meeting was held at Odense Tekniske Gymnasium Munkebjergvej 130, 5230 Odense M., Odense Aftenskole, Banevænget 22, Odense N.

15 participants from Denmark

In a world driven by constant consumption, excess textile waste has become a problem. Previously, sustainable fabrics were produced, making clothes sewn from them last for years. With sustainability in mind, participants worked with textiles to give discarded clothes a second life.

The aim of the workshop was to raise awareness of the problem identified above and to learn how an individual's wardrobe can be transformed in an artistic way, without having to buy new clothes.

The workshop was conducted in two stages. The first concerned dyeing, the second sewing and textile shaping.

A workshop on dyeing fabric with plant-based dyes was organised. Participants were able to find out which dyes are the most useful and durable, as well as how the intensity of the plant-based colours can be achieved and how to obtain patterns on the fabric. Each of these processes offers a unique experience and requires an experimental approach due to the diverse range of fabrics and the variety of ways of obtaining the dye.

During the next workshop, participants worked on how to transform old tablecloths into clothes. They also received basic instructions on sewing and made shirts, bags and cushions.







Sustainable cities and communities

UN goal 11

5.10. 2023

The meeting was held at Odense Aftenskole, Banevænget 22, Odense N.,
HC Andersens Hus, Odense C.

8 participants from Denmark

The event aimed to broaden awareness of construction traditions and current trends in sustainable architecture, with a primary focus on the concept of sustainable cities and communities.

Building on Kengo Kuma's ideology, we looked at two of his current designs in Denmark: the new HC Andersen Museum in Odense and Vandkulturhuset in Papirøen in Copenhagen.

In relation to the issue of how we can create buildings in harmony with nature, we started our workshop with a demonstration of this architect's design located in Copenhagen and his latest project located in the HC Andersen Museum in Odense. Next, we went on a guided tour of the architecture of the Odense Museum and discussed its design and the ideas behind it.

INTERIOR VISUAL ART – Health and well-being

28/11 – 4/12.2023

UN Goal 3

The meeting was held at Storms Pakhus, Lerchesgade, Odense.

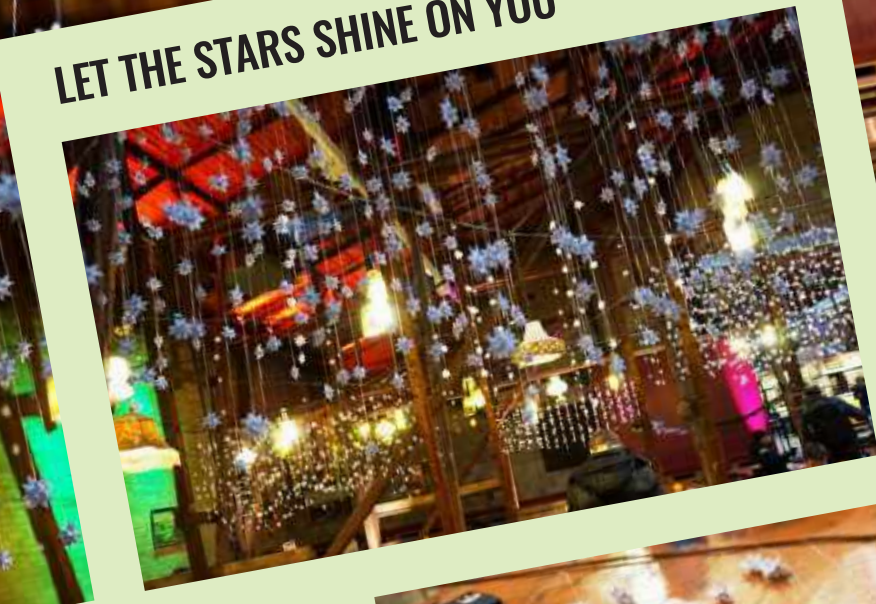
13 participants from Denmark

Holiday season encourages us to embrace family and communal forms of being together. At such time we also tend to reflect on the meaning of life and our activity. During the festive season, as we are occupied with work and errands to enhance our celebrations, the organisers decided to revisit traditional activities that were once a communal part of Christmas preparations. This was done to rediscover the values inherent in cohabitation, marked by a spirit of openness to positive changes. The inspiration for this came from the starry sky. In the evening, as stars twinkled in the winter darkness, the participants gathered to create traditional handicrafts. Together, they crafted Christmas stars from plaited strips of paper, which were then assembled into a joint art installation. This activity was accompanied by a discussion on the energy crisis. The facilitators wanted to draw participants' attention to the way we exploit and destroy nature in order to obtain energy, without considering the negative consequences of such actions. The climate crisis and over-consumption were discussed, as well as means of obtaining energy in a sustainable way. A 'Starry Sky' installation created in the process was presented throughout the Christmas period at Storms Pakhus.





LET THE STARS SHINE ON YOU





HIKING – Health and well-being

UN Goal 3

1/09.2022

The meeting was held at Ålørkestedet w Hudevad Byevej 20, 5792 Årslev

20 participants from Denmark

Glacial water deposits are a record of the shaping of the climate during the ice age. Participants of a walking tour in Tarup-Davinde Grusgrav had the opportunity to examine them, with the assistance of a specialist, in an old gravel pit. Visitors learned about the types of rocks, which brought them closer to understanding the geology of the area, and they were also able to see clear signs of volcanic activity: magma chambers, tectonic plates, and deposits from millions of years ago. Observing geological profiles enabled participants to understand the impact of human activity on climate change.

The event made participants realize that ecological activity involves careful observation of the landscape, communion with nature, and an attempt to understand its mechanisms before natural resources begin to be used in the production processes of our civilisation.



'Labyrinth of growing mysteries' – in synergy with the work

I – 7/07.2022

The activity took place in the Community Center for Arts and Culture Garden
ul. Krzemieniecka 2a, 94-030 Łódź

40 participants from Poland

The Labyrinth at the Community Center for Arts and Culture in Łódź is a specific art form developed in the garden surrounding the facility. It is made of wicker and plants woven into it, some of the stems are alive and growing. The labyrinth changes every year, it is a work in process, but it also requires the intervention of the artist who, in synergy with nature, shapes its wings and gates, taking advantage of the resulting changes. The land art form in the MSK garden was developed by its main author Professor Jędrzej Stępak and the artists: Bernard Borzęcki, Jarosław Mierzyński, and Bartosz Betka.

Participants of the events at the Art Centre were able to observe the artist at work. During the development of the project, there were 2 lectures by the author combined with guided tours. Visitors included staff from the Museum of Archaeology and Ethnography and the Museum of Art in Łódź, as well as staff from the MSK.

A film was created that includes an interview with the creator of the land art form. It addresses issues related to ecology, environmental protection, and the nature-human relationship.

Two curatorial guided tours were conducted, along with the broadcast of the interview and discussions, such as the one held during the 'Aesthetic Energy of the City' International Conference.

The 'Labyrinth...' form was also utilized in the project during an art-therapeutic activity for the visually impaired, and during the LTT 'In Synergy with Nature' training.

Professor Jędrzej Stępak passed away on May 10, 2023. However, the artistic dialogue in 'Labyrinth...', in which nature always has the last word, continues unceasingly.











BODY GEOMETRY – outdoor yoga sessions for beginners

2.07/ 9.07/ 16.07/ 23.07/ 30.07/ 2022

The activity took place in the Community Center for Arts and Culture Garden,
and during inclement weather, indoors

ul. Krzemieniecka 2a, 94-030 Łódź

20–30 participants from Poland at each session

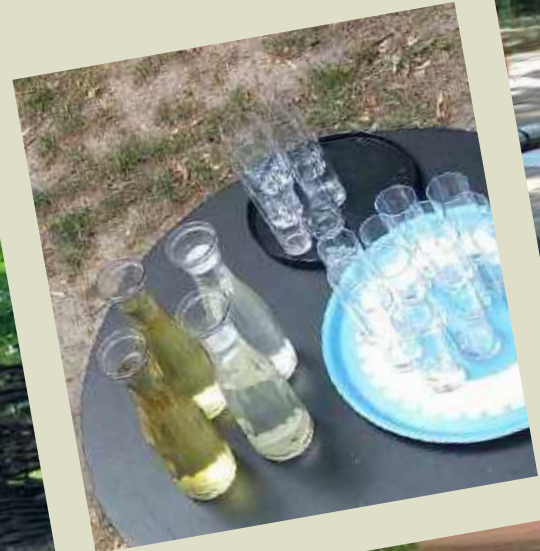
During the class, the facilitators tried to answer the general question of whether we can find our body's harmony in the circumstances of nature. The MSK centre is located very close to a strict nature reserve. It is separated from the reserve by an urban thoroughfare. Despite the presence of traffic, the garden of the Arts Centre is filled with a stand of old trees that resembles the presence of a forest. This is also how our lives are – we have become separated from nature by the noisy dynamics of the city, which drowns out the natural rhythms of our bodies. Only by standing in silence and concentration are we able to separate our corporeality from the vibrating noise of the city. We are part of it, as well as part of nature. A balance between these two energies is essential. Activity among nature was meant to refresh participants and to turn them back towards simplicity and nature. They observed and listened to the sounds of nature, thus renewing their connection with it. The facilitator suggested that participants forsake the comfort of the Centre's interior and well-equipped rooms to embrace contact with the earth 'barefoot', with air circulating around them, and basking in the sunshine. *Our presence in the garden will be an experiment. At its best, nature will suggest the rhythm and shape of the position. Just as a dense forest or jungle favoured the ancient yogis in their journey into themselves.*

Yoga improves the fitness of the body. Technically, it involves placing the body in a proportional position known as an asana. In order to perform an asana, it is necessary to engage muscles, breath and attention. This results in the integration of the different layers of the body. Each asana has an underlying geometry, to which the concept of the 'Green Me' project refers, e.g. the Trikonasana position reflects the shape of a triangle.

The search for symmetry is a yoga practice. When you find yourself in an optimal position, the natural flow of energy is unblocked and your body and mind become uncluttered. The result is peace and joy. Even a short yoga practice harmonises the physical body, strengthens the nerves and teaches concentration.

Each yoga session was preceded by an introduction to the 'Green Me' project. After the class, it was possible to enjoy drinks handcrafted from herbs and lemon by the facilitators, stay a while longer and chat.

The energy of the city and the nature present in it – participants sought this relationship in motion and discussed how to harmoniously combine these ecumenes for to benefit of our health and the well-being of the planet as a whole.





BODY GEOMETRY – yoga with a chair

16.09/ 2022

The activity took place in the Community Center for Arts and Culture,
ul. Krzemieniecka 2a, 94-030 Łódź

30 participants from Poland

Probably everyone has at least one chair at home that they use on a daily basis. In this class, participants learned simple and safe body positions using a chair as a yoga aid.

A chair can support the positioning of the body in asanas (yoga postures) in many ways. Firstly, it reduces its weight. Secondly, it allows for good lengthening. Thirdly, it gives stability. Variations of postures with a chair can be challenging. They discipline the body and require maintaining straight lines and axes. Chair work teaches proper direction in asana. The exercises are performed at a slow pace, using different categories of postures: standing, sitting, tilting and bending. The chair-supported practice allows you to focus on accurate arm and leg work and increases joint mobility. At the same time, it has a strengthening effect on all parts of the body and opens the chest for fuller breathing.

Participants learnt about the function of the chair and how it can be used in their daily independent yoga practice.

The class was inspired by Dr Geeta S. Iyengar's yoga workshops and the book *Yoga with a Chair* by Eyal Shifroni, published in Polish.

The activity was primarily aimed at seniors, who tend to have a smaller range of movement than younger people. A chair can naturally support the posture, enabling less able-bodied people to practise yoga.

The geometry of the human body is written in the chair. It can be an interesting metaphor for presence or absence. It is only up to us whether the chair remains empty or whether we continue to use it while contemplating the idea of sustainability of the micro and macro Cosmos.







ECOLOGICAL HOMES FOR INSECTS AND SMALL ANIMALS IN URBAN SPACES – sculpture, installation, upcycling, environment, urban art

9.05/ 2023

The activity took place in the Community Center for Arts and Culture
ul. Krzemieniecka 2a, 94-030 Łódź

10 participants from Poland

During the workshop, a short presentation was given to participants, providing a theoretical basis on how natural dyes can be sourced, on the creation of a dye base and on the photocatalytic process. Focusing on ecological activity, the moderator switched from readily available synthetic dyes to using natural ingredients: turmeric, dried and smoked paprika, blueberries, red cabbage, spirulina and coffee. Linseed oil was used as a medium. A small amount of titanium dioxide was added to each batch of paint, which gave the paints their photocatalytic value. This way, after drying and when exposed to sunlight, it will neutralise air pollutants. The workshop resulted in producing paints in the chosen colour range, as needed for further activities.



ECOLOGICAL HOMES FOR INSECTS AND SMALL ANIMALS IN URBAN SPACES – Upcycling: from rubbish to amenities

23.05/ 2023

The activity took place in the Community Center for Arts and Culture Garden
ul. Krzemieniecka 2a, 94-030 Łódź

7 participants from Poland

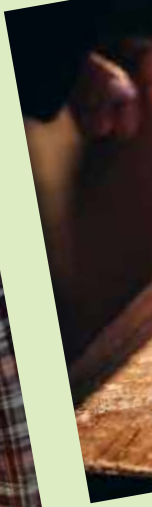
Our care for the environment is expressed in simple activity aimed at protecting ecosystems. It can be combined with physical activity – as exemplified by this workshop – which is essential for the health of our body. This synergy of deed and thought directs us towards positive solutions related to the care of the human environment and makes us more sensitive to nature.

Workshop participants were asked to bring along materials, such as furniture boards that are no longer needed, old planks or other wooden materials lying around in basements and in rubbish sheds, that could be used to build homes for insects or small animals.

During the workshop, a short presentation was given on forms of houses for particular groups of insects or small animals. The participants' task was to relate to natural forms of shelter and at the same time to transform them into an artistic object/sculpture/installation based on the objects collected by themselves and the organiser.









ECOLOGICAL HOMES FOR INSECTS AND SMALL ANIMALS IN URBAN SPACES – – Colour and space – the outer layer

30.05/ 2023

The activity took place in the Community Center for Arts and Culture Garden
ul. Krzemieniecka 2a, 94-030 Łódź

5 participants from Poland



White light splits in a prism into seven colours that the human eye recognises. But how are colours perceived by animals? During the workshop, participants learned about the diversity of the process of seeing in different animal species. A particular colour scheme benefits or harms particular groups of fauna.

During this meeting, the animal houses created earlier were covered with pre-made paint. The objects/shelters created were painted uniquely to blend with their intended spaces—whether a backyard garden or the green area near the Center—ensuring they positively impact animals or insects.

The workshop fostered environmental stewardship and offered a perspective from the viewpoint of small creatures, thereby cultivating empathy among participants towards an ecological mindset focused on protecting our ecosystems.



ECOLOGICAL HOMES FOR INSECTS AND SMALL ANIMALS IN URBAN SPACES – what matters is what's inside

6.06/ 2023

The activity took place in the Community Center for Arts and Culture Garden
ul. Krzemieniecka 2a, 94-030 Łódź

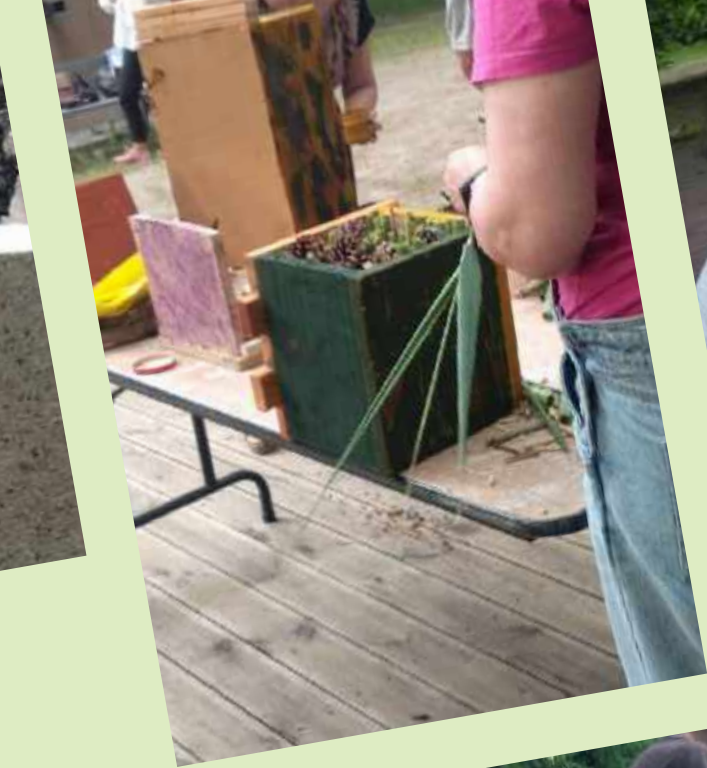
8 participants from Poland

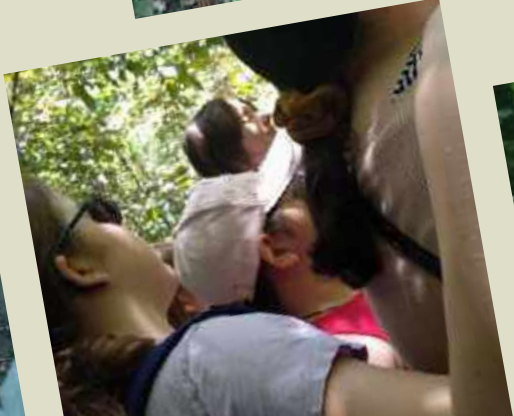
During this meeting, after the previously produced photocatalytic paint had dried, the participants set about finishing their installations. Each of them, dedicating the house they had built to a different group of fauna, 'furnished it' differently. Participants were given a variety of natural materials as the basic building blocks for the houses for their chosen group of animals or insects, including dried grass, reed or small branches, and cardboard cylinders – recycled waste. This workshop concluded the series of meetings. After completing the task, participants took the houses they had prepared to their own backyard gardens or to community yards, or left them in the organiser's garden.














INTEGRATIVE WORKSHOPS WITH THE PARTICIPATION OF THE BLIND – – in the ‘Labyrinth of Growing Mysteries’.

07.06/ 2023

The activity took place in the Community Center for Arts and Culture Garden
ul. Krzemieniecka 2a, 94-030 Łódź

21 participants from Poland



The growing labyrinth in the garden of the Community Center for Arts and Culture in Łódź can provide an inspiring place, which can help understand the world of the blind. On the other hand, it serves as a great therapeutic tool for the sensory integration of blind people.

The Łódź Academy of Drama (Łódzka Akademia Dramy) was invited to collaborate. The workshop was led by a typhlo-educator, Hanna Jastrzębska-Gzella. The workshop was integrative, involving both blind and sighted participants.

Participants took part in activities in the artistic space of the ‘Labyrinth of growing mysteries’ installation. While in the garden, they came into contact with living plants, into a kind of relationship with nature, and with each other. The art-therapy activities supported personal development, body self-awareness, and developed social competences.



STRAW CRAFTING – handicraft workshops for seniors

6.07/ 2023

The activity took place in the Community Center for Arts and Culture Garden
ul. Krzemieniecka 2a, 94-030 Łódź

13 participants from Poland

Beyond farming, straw has many uses. It is a natural, ecological material. As part of the workshop, participants listened to a lecture on the uses of straw. Using the old technique of sewing straw, the senior women taking part in the event created wonderful jewellery. In this way, they acquired interesting skills, learned about the traditions of this craft and spent creative and imaginative time together, exchanging their experiences. The jewellery created in this way is healthy for the body. It also has biodegradable properties, reminding us about the necessity to protect our environment.

The workshop was led by a Ukrainian master weaver, Anna Deynega, who also introduced the participants to the world of Ukrainian folk art.







EPILOGUE

The global economy is focused on consumption. 'Sustainability' is a catchword we have only recently introduced into our daily lives. Can we make the right civilisational transition to protect life on our planet? We wanted to trigger in our audience a critical reflection on human destructive activities towards the natural environment. Although there are technological projects created with concern for our planet and its well-being, the advancement of technology has often come at the cost of environmental pollution. It is only now that mankind is implementing ecological solutions. This is happening with considerable effort from those who are not indifferent to the fate of human beings on earth.

The basis for any change related to human activity is a change in thinking. People used to separate themselves from nature and think of themselves as a species 'taming' nature. Our project was aimed at changing our ways of living in synergy with nature.

The more science advances, the more we realize the vastness of our ignorance are. We ask more questions. We discover that the cosmos is vast and that our planet, along with its organisms, comprises ecosystems far more complex than previously understood. We have yet to answer the question of what life and consciousness are. We are surprised to discover that the regularities of mathematics and the discoveries of other sciences describe nature better than we thought. And that nature is not chaos, but a highly complex order. This incomplete knowledge allowed the organisers to create a conducive space for participants to reflect on the beauty and power of nature. Its wisdom eludes our cognitive tools. Let us listen to its voice, seek to understand it, and protect the environment for all forms of life.



MSK:

**ODENSE
AFTENSKOLE**