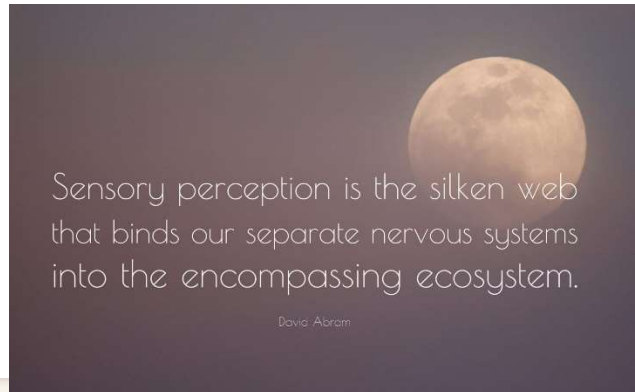


Contact, Caress and the Four Elements

with Saskia de Bruin and Stephen White

31 August – 1 September



Life is an expression of the four elements of Earth, Fire, Water, Air, and their myriad interactions with each other creating a rich tapestry of life.

As human beings we connect with each other through touch and caress, each contact full of meaning from tender, gentle, warm contact to firm, hard, cold contact. We communicate our intentions through intimate touch to the distance of no touch at all, from sensual erotic touch to containing loving touch, from touch that facilitates friendship and solidarity to touch that expresses anger and hate. Touch that generates pleasure and touch that generates pain. Our skin is therefore a threshold that communicates a whole universe of different emotions and sensations that either enriches our life or threatens to diminish it.

The four elements of earth, fire, water and air are another dimension through which we can experience touch. Each element has its own quality and communicates its own message when incorporated into the way we touch another. One element might stimulate vitality and expressiveness while another will stimulate calm and abandonment, another the sensation of depth and presence while another playfulness and lightness.

In this weekend we explore, through the *vivencia*, the various sensations that each element brings to our experiences in connection with another.

Come and join us on this exploratory journey through the sensation of touch, caress and the four elements.

Aanraken is een levenskunst
Elke daad die we in het leven doen
Laat sporen na in de wereld
Een penseel schildert
Een pen schrijft
Iemand bouwt een huis of een brug
Je plukt een bloem
Je biedt iemand je hand, of je wang
Ook aanraking laat sporen na

Sporen van liefde in het beste geval
Aanraken is een levenskunst
Onze handen, verbonden met ons hart
Kunnen kunstenaars zijn
Die de poëzie van aanraking
Laten voelen
We kunnen het oefenen
En allemaal dichters worden
Want aanraken is een levenskunst.

Saskia de Bruin