



# Direct Perception DHARMA ART PRACTICES

**STEVE CLORFEINE**

[WWW.STEVECLORFEINE.COM](http://WWW.STEVECLORFEINE.COM)

The exercises and improvisations in this workshop are based on the Dharma Art teachings of Chogyam Trungpa Rinpoche and on collaborative work with my arts faculty colleagues at Naropa University in Colorado.

Dharma Art practice is a deep study in experiencing the interconnection of space and form both in terms of environment as well as in one's physical body.

We explore a heightened awareness of being present and making a genuine gesture.

We develop grace and dignity in our activities which enhances our relationships.

In the workshop we will practice sitting and walking meditation as well as formal space awareness exercises as introduced by Trungpa Rinpoche. We'll engage in a continuum from meditation/contemplation, activity/creativity.

We have to be honest, real, and very earthy; and we need to really appreciate things as they are."  
(Chogyam Trungpa Rinpoche)

**LA BÒBILA**

**BARCELONA**

**21,22 JULY**



[araceliereich@yahoo.es](mailto:araceliereich@yahoo.es)

PRICE: 120€/70€ (ONE DAY)