

Artists Maija Liepins and Michael Johnson  
present

## **A Wellbeing at Mottisfont Project Whispers from the Ground and Remedies for Wellbeing**

'Whispers from the ground, and remedies for wellbeing' is a series of creative workshops exploring poetic writing, mindful movement, and sculpture from found materials.

It's a collaborative project by artists Maija Liepins and Michael Johnson that explores the environments influence on wellbeing and will culminate in a work-in-progress art exhibition in The Stable Gallery at Mottisfont.

Each workshop and the resulting showcase will offer opportunities for Mottisfont visitors, volunteers and staff to celebrate the outdoors and collaborate together to find and explore 'remedies for wellbeing'.

The project has been commissioned by Mottisfont in partnership with TVBC Community and Leisure Service and it is funded by the Arts Council England national lottery project grants.

### **Workshop Times:**

May 9th, 10th, 11th

Morning Workshop 10:30 - 12:30

Afternoon Workshop 14:00 - 16:00

### **How to take part:**

'Whispers from the Ground, Remedies for Wellbeing' can be experienced during our half-day workshops Mon 9th - Wed 11th May. There are only 8 places available per workshop so booking is required. To reserve your place please review the workshop descriptions and timetable below, and email the relevant artist confirming which of their sessions you would like to attend. You are welcome to attend more than one to deepen your experience.

An exploration of creative and nature-based 'Remedies for Wellbeing' will also be shared and made available through a work-in-progress exhibition opening Saturday 14th May and activity prompts which visitors can take part in when they visit Mottisfont in May

**Introductory video:** <https://youtu.be/g-Hv30xglJk>

### **Booking and further information:**

Maija Liepins      [info@maijs.co.uk](mailto:info@maijs.co.uk)      07828 870 841

Michael Johnson    [michaeljohnson2020@hotmail.co.uk](mailto:michaeljohnson2020@hotmail.co.uk)    07777 638 608

## FURTHER INFORMATION

### **Workshop descriptions:**

The purpose of these workshops is to share and learn from each other, and from nature. They offer a space and time to connect, to share, to make and to contemplate.

#### Finding Wonder, a Sculpture and Contemplation Workshop with Michael Johnson

At Michael's workshops you will create your own 'relic' of wonder, using found organic material from within the grounds of Mottisfont. By close observation, participants will find objects from the ground; a starting point of conversation, a gateway entry into a story. Wild cherry wood charcoal will be on offer to help you create imaginative images, and unlock the stories hidden in your materials and memories. (Sustainable charcoal will be used). At Michael's workshops you will create a sculpture that will become part of the showcase on 14th May. You will also explore and record its story through writing and drawing.

#### Poetic Writing and Mindful Movement Workshops with Maija Liepins

Maija's workshops will take you on a journey through the natural environment, exploring using your the five senses will help you locate stories in found 'artifacts' such as a twig, stone or leaf. You may also reflect upon 'experiences' such as sitting with a Mottisfont vista, sharing stories under a Mottisfont tree, or meeting memories at the font. Choose a poetic writing workshop or a mindful movement workshop to guide your pathway of discovery. Maija will show you how to follow your impulses to create an uninhibited stream-of-consciousness in words or through mindful movement. At Maija's workshops you will work with the artist to create audio or video recordings from your creations that will become part of the showcase on 14th May.

### **Activity Timetable**

for the Wellbeing at Mottisfont project

'Whispers from the Ground and Remedies for Wellbeing'  
10 - 14 May 2022

#### **Monday 9th May**

10.30 - Poetic Writing with Maija Liepins  
13.00 - lunch break + exploring  
14.00 - Finding Wonder with Michael Johnson

#### **Tuesday 10th May**

10.30 - Mindful Movement with Maija Liepins  
13.00 - lunch break + exploring  
14.00 - Finding Wonder with Michael Johnson

#### **Wednesday 11th May**

10.30 - Finding Wonder with Michael Johnson  
13.00 - lunch break + exploring  
14.00 - Poetic Writing with Maija Liepins

**Friday 13th May**

10.30 - Installing Exhibition

15.30 - Private View for Participants, Friends and Family

**Saturday 14th May**

11.00 - Exhibition Open to the public

**Workshop Times:**

9th, 10th, 11th May

Morning Workshop 10:30 - 12:30

Afternoon Workshop 14:00 - 16:00

**Booking and further information:**

To reserve your place please review the workshop descriptions and email the relevant artist confirming which of their sessions you would like to attend.

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