



JUST BE

CREATIVE
ELEMENTAL
WORKSHOPS

presented by [La Isla Project](#)



What is this workshop about?

Come to create with us!

Just Be is an elemental immersive workshop where we will embark on a journey of creativity and exploration in Ibiza's wonderful landscapes. Using the elements: fire, wind, earth, and water to play and expand our perspective, and thus the possibilities of what we can create.

Just Be combines different artistic techniques merging and blending them to create a full experience. Video and photography will be the lens through which we will capture the essence of the action, including: guided meditation and body movement exercises to connect with yourself, group activities, nature and the educational theme of the Four Elements in a working setting where artistic composition, individual and communal creation, topical technical information, physical practices and playful scenarios are made to nourish your soul.

Who is this workshop designed for?

This workshop is designed for all creatives.

Visual artists, video makers, photographers, directors, writers.

Also performers, musicians, actors, dancers. Anyone who is willing to become part of the creative process is welcome.

Nudity is not required.

When?

August 2nd, 3rd, 4th, and 5th

Where?

Ibiza.

Workshop Progress

Day 0

Meet and Greet

Day 1

Bodywork
Relaxation
Photography /
Videography
techniques

Day 2

Sunrise session:
energy connection
circle /swimming
Group supported
individual multimedia
creative session using
clay
Strength and
relaxation exercise in
extreme conditions

Day 3

Breathing and
freediving techniques
with music
How to create content
underwater: technical
aspects for both
photographers and
performers
Guided meditation
using the Water
element to connect
with feelings and
emotions
Cave creations

Day 4

Sunset session with
fire energy circle
Body movement
Night time
photography session
using fire element
Closing drum circle

Day 0 | Welcome

- Production and tutoring teams meet with participants for an informal and welcoming get together to chat and get to know each other before the workshop starts.
- This is a great opportunity to answer any last minute questions and make sure that this workshop is right for you or not.
- Let's have fun responsibly while getting acquainted with what we are setting out to accomplish.



Day 1 | Air

- Breathing and guided meditation exercises accompanied by music.
- Photographic techniques to introduce participants to those fundamental principles needed to create and develop their own individual journey.
- Individual creative session using the element theme of the day.
- Group and game activities implemented through interactive dance and role play dynamics.



Day 2 | Earth

- Sunrise energetic connection circle practice and early-bird swim
- Group-supported individual creative photographic session using clay
- Body movement and grounding techniques for strength and calmness



Day 3 | Water

- Breathing and freediving techniques with music
- How to create content underwater: technical aspects for both photographers and performers
- Guided meditation using the Water element to connect with feelings and emotions
- Cave settings



Day 4 | Fire

- Sunset session with fire construction.
- Energy circle practice.
- Dance and physical movement exercises and activities to connect with our intuitive intelligence and animal spirit through the use of the Fire element.
- Night time photography and videography shooting techniques.
- Closing circle accompanied by drums and percussions.



Our tutors



Marco Ferraris | Photographer

Visual artist in the field of photography and film, where he has always practiced with passion and aspiring to the search for knowledge, with a deep interest in documentary projects. The latest project “La Isla Project” combines photography and video in an evolutionary co-creation, where the island is an archetypal site and a place where man is free to give life to new utopias of regeneration. Marco fuses his unique perception of light, natural elements such as water and earth, and others such as mirrors and smoke, thus playing with the perception of limits, projections, reflections and all the holistic implication that comes with exploring and expanding our experience and consciousness. Marco's way of working has led him to connect with nature, with a more organic and human way of living and perceiving life. Marco is currently involved in and creating several projects, including his first film.

To know more about him visit our website at: laislaproject.com.



Svitlana Pashko | Choreographer

A multiverse dance professional with performing, teaching, choreographing and event management experience. Following a Master's Degree in Finance, she decides to pursue an artistic career with over 25 years of regular practice in different dance techniques ranging from academic (classical, folkloristic, modern, jazz, contemporary and contact improvisation) to subcultural (hip-hop, salsa, strip plastic and tango, to name a few.) Her approach is influenced by a combination of different schools and practices, including: authentic movement technique, axis syllabus system, ideokinesis, release technique, body-mind centring, hatha yoga, acro-yoga, Laban movement analysis, aerial silks, alfa- gravity and Butoh dance. She is currently the co-founder and teacher of METAMOTION group: an ongoing exploration of the human experience in the BodyMindSoul through various practices including dance, contemplation, martial arts, and qigong.

To know more about her visit our website at: laislaproject.com.



Daniel Drago | Creativity Coach

Eclectic artist working with various media and mediums: music producer, filmmaker and performer. A creativity coach and author passionate about exploring and empowering human potential, Daniel creates visual poetry, dance, experimental films, and releases music at CosmicLeaf label (under the pseudonym of **Kadmon Drago**). Co-founder and teacher at *Metamotion* - an ongoing, ever-growing exploration of the human experience as BodyMindSoul, inspired and influenced over the years by multiple practices including various dance forms, contact improvisation, martial arts, qigong, ideokinesis, and others; cultivating the Art of Free Flow and non-resistance as a way of knowing yourself, and living from the Heart.

To know more about him visit our website at: laislaproject.com.



Shakima Garunts | Voice Genius

Shakima Garunts is a professional musician, songwriter and the soloist for the Shakima Trio project with which she is touring regularly. She has an extensive background as a performer, seasoned music educator, and an innovative genius development coach, guiding voice practitioners to a higher perception and sound work. As an organizer of art laboratories and residencies, she curates a variety of workshops designed to explore and manifest the innate creativity within each individual. Her musical journey started at the very early age of four, with the last 15 years devoted to unravelling the secrets of genius through the exploration and understanding of one's body-voice dynamics. Shakima's unique approach synthesizes insights gleaned from Eastern practices with practical knowledge drawn from theatrical performance methodologies.

To know more about her visit our website at: laisalaproject.com.

What happens when you join?

Expect to work within an interchangeable natural *table vivente* structure where performative arts meet photography and videography.

The workshop will be oriented towards the type of participants that join. Ideally we are looking at no more than 15 participants joining to perform and/or to use a video photographic medium.

An in-house production crew will work alongside tutors and participants to assist in creating a final portfolio piece during the four days of the event to bring home with you at the end of the four days.

The workshops features live music where possible to support your creative process and your emotional experience.

Hired body models and performers will assist tutors to create original professional set-ups to further enrich your educational experience.



Important information

All participants are asked to wear comfortable clothing and appropriate footwear for location settings and workshop practices. Food and beverages are not provided by the organizers and therefore we kindly ask all participants to cater responsibly for the sourcing and provision of these individual needs on a daily basis. Although some materials will be available for demonstrative purposes only, we urge all participants to **bring their own photographic equipment** as well as a notebook and pen to sustain their experiential process within the context of this workshop. Every day, participants will be asked to engage in different environmental settings that reflect the explored themes and therefore different locations will be chosen, with preference given to the north area of the island. We expect all participants to be able to reach all workshop locations autonomously by own travel means. Some concessions can be made based on La Isla Project production team car availability.

€350 NON-RES
€250 RES

Ready to Unleash Your Creativity?

Book your spot now and embark on this unique artistic journey with us!

Contact Us/Book Now:

Mail: contact@laislaproject.com

Tel: +34 652 584 350

Just write us an email expressing your interest in the course and we shall get back to straight away. If you leave us your WhatsApp number even better. Thank you.

To know more about us please visit laislaproject.com

