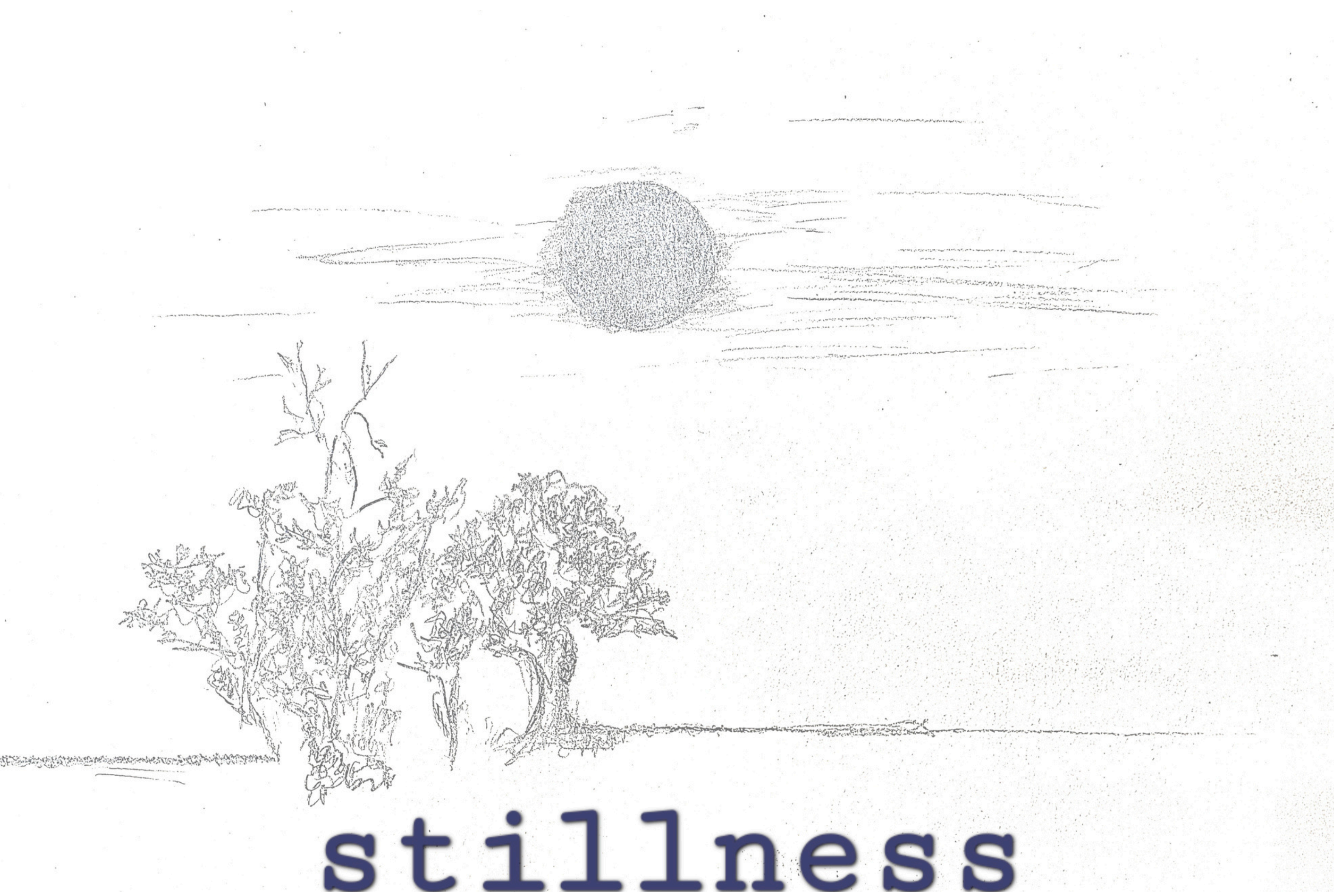




stillness

a worklab with varun

**at
gräfekiezyoga
grimm straße 19, 10967 berlin**

**on
17th january 2026
from**

**10:00 a.m. to 01:00 p.m.,
02:00 p.m. to 05:00 p.m.**

**18th january 2026
from**

10:00 a.m. to 02:00 p.m.

a buddhist monk friend recently shared with me his memories of very meaningful traditional buddhist philosophical debates in which he had participated. One of them he said started with the question, "is the colour we call white really white?"

modern science has its specific way of approaching this question. the philosophical implication of the question however- beyond the ideas of light, particles, pigmentation and time that modern science has to offer- is the question of whether what we see around us, inside us and of the world really exists in the manner we see it.

we are consistently embodying everything that we perceive of the world. this embodiment though is not contained within the boundary that is our skin. our body, our breath, our voice, our desires, our feelings, our thoughts, our imagination, our memories- every part of us manifests our relationships in and with the world.

this worklab is an attempt to build practices in stillness that give us the time and space to encounter what we manifest, what we embody, how we breathe, why we move to act.

together~ with prompts, suggestions and interventions i offer~ we will explore what it might mean to be still, to listen carefully, to read deeply, to respond sensitively, to nourish actively.

this two- day engagement would also be helpful for practitioners of various somatic practices, movement practitioners, dancers, teachers of various somatic practices, performance artists, vocalists, activists, doctors and all those envisioning ways of introducing the art of radical stillness in their daily life and vocation.

those seeking care for particular concerns and those who wish to begin exploring in these directions are most welcome to attend. the practices of the worklab attempt to respond to the needs of the participants.

**please confirm your registration for the workshop via:
~e-mail~**

varunaiyer@gmail.com

{or}

post@yogakreuzberg.net

~phone/ whatsapp/ telegram~

+91-6382371580

{or}

+49 163 4899035

honorarium~ sliding scale:

80€ to 140€ for one day

120€ to 250€ for two days

**those who wish to pay the worklab
honorarium in cash on the days are
welcome to do so. those who wish to make
a transfer of the honorarium prior to the
worklab can make transfers to:**

account name: VARUN'S WORKLAB

account no. : 920020056809463

account type: CURRENT ACCOUNT

category code {if needed}: CANOR

bank name: AXIS BANK LIMITED

**bank address: Axis Bank Branch, No.
23/24, Ground Floor, Shreyas Western
Wing, Chamiers Road, Teynampet,
Chennai. Tamil Nadu 600018. India.**

bank IFS code: UTIB0000782

bank MICR Code: 600211026

bank SWIFT Code: AXISINBB006

Varun's formal training, work, and practices intersect at various junctions of performance, theatre, design, poetry, music, philosophy, education, somatic- embodied praxes including yoga-s, sAmkhya, Butoh, alongside other traditions. Supported by independent critical research and travel- teaching experiences across India as also outside the country, they deeply enjoy co- holding learning spaces together with students and co- workers. Their work draws inspiration from and is based on oral and written histories as also the relationship of gender, caste, sexuality, 'dis' ability, educational and environmental injustice hegemonies with the social politics of our time.

