



Atlas Talisman:

Endurance Art: The physical and mental preparations to engage in endurance art, physical theatre and ritual performances



Atlas Talisman is a game designer who created a sensory training system. Grow your appreciation and understanding of Endurance Art with the stories and invitations from an artist, who joins the role of the sacred clown and the path of creativity with embodied connection. Join him in this poetic, inspiring and participatory session.

TOP EMBODIMENT TIP: Have reverence for your body.

Endurance Art Is...

- about place, people and purpose; it encourages realness through experience over performance
- a tribute to a concept
- a predatory-like state where your consciousness is clear and sharp
- **the practice of cultivating capacity to hold any kind of emotion**
- a vessel that is going to transport us away from the usual world into an adventure and ritual rites of passage
- a way to honour the genius and eloquence of authenticity

Two Approaches to Endurance Art:

- The "Big approach" is a grand gesture... and then the conscious choice to not do something going forward. The gesture is something you don't undo, or something you will not do going forward. Some examples are changing your name, not eating meat anymore, punching a hole in the wall and not patching it up.
- Allow it to ripple out as a form of art.
- 'LittlePlot' approach - one minute each day approach (Japanese Kaizen) - continuing to come back again and again

How to Incorporate Endurance Art in Your Practices:

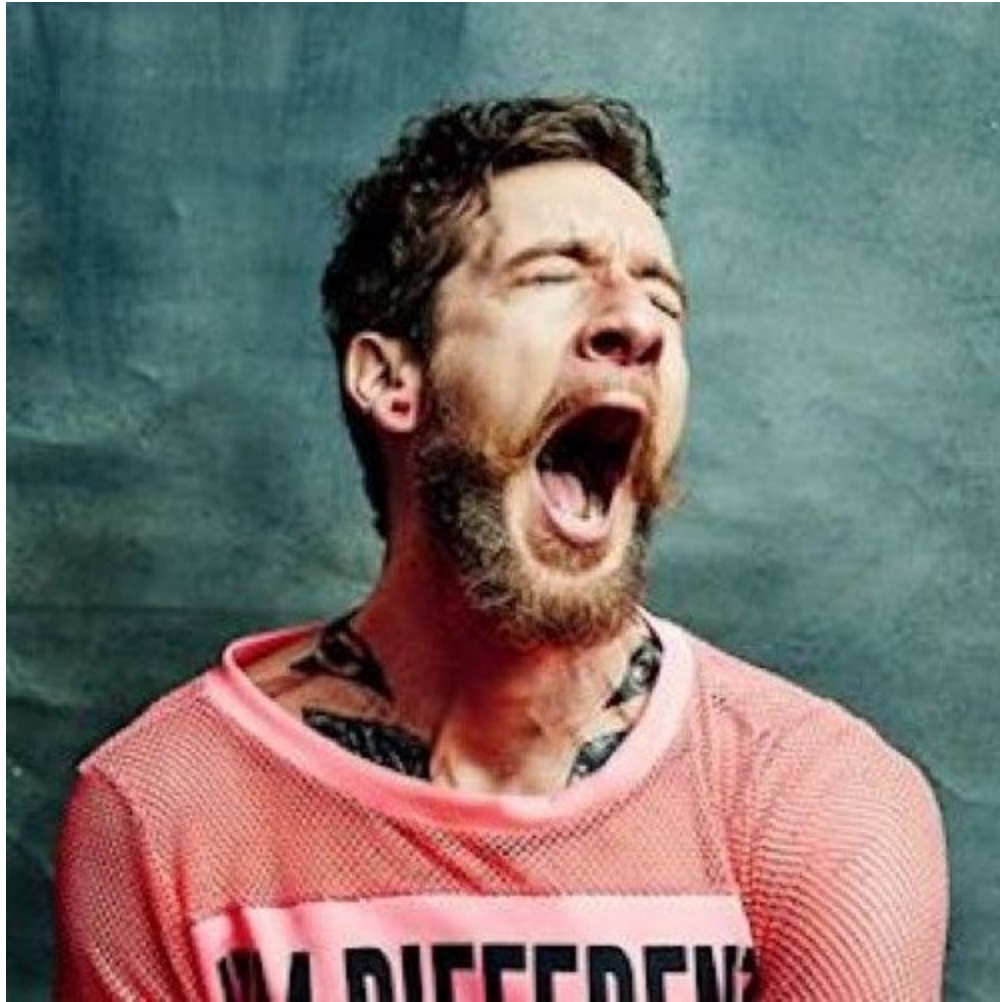
- Move beyond your guard, take the risk and be brave enough to hold space beyond what you think your personal potential is.
- Choose to make your experiences meaningful.
- Seek an activated state where you are the expanded self.
- Practice stillness and being in the role of the observer - within the spontaneity and flow of creative force - contradictory in essence, and rely on the other.

Resources

- ❖ **Website:** <http://openworldrealities.com/>
- ❖ **Social:** [LinkedIn](#), Instagram: [@atlas_talisman](#)
- ❖ **References:** [Kaizen Japanese practice](#)



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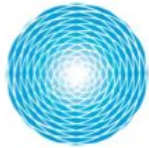
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Amara Pagano, PathOfAzul.com



Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](https://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](https://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

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