

ACTIVITY WORKSHOPS (*in progress*)

62. Kundalini Yoga. The Yoga of Awareness

Keywords	Relationship, creativity, communication
Description	Kundalini yoga is a dynamic combination of; breathing, movement, stretching, meditation, mantras, and relaxation that works on balancing the nervous, endocrine, and immune systems. When there is good internal communication in our body, our actions in the world become more efficient, and our ability to manage external stimuli is increased. Good communication also facilitates difficult situations as well. An open outlook connects our being in the world to its most profound meaning, in this way experiencing underlying joy and love. Kundalini Yoga is an instrument for efficient, fully conscious creative action. There are three workshops with different themes: <ol style="list-style-type: none">1. The "Common" relationship with the earth2. "Work" and creativity3. Communication and "Democracy"
Proposed outcome	The course encourages the participants to experiment with the techniques acquired in this workshop during the rest of the conference.
Proponent(s)	Prem Singh Sergio Tosi and the Messaie (Italy)
Day(s)	Thursday 20
Location	

63. Nature inspires the "hands": breaking utilitarianism through the gestures of complexity

Keywords	Nature, play/creativity, utilitarianism
Description	We believe that, in order to accept the challenge of Degrowth, the mechanistic logic of utilitarianism must be broken, to nourish a sense of life and things more pluralistic and holistic. Our workshop is focused on play and creativity. The field of play/creativity is "nature": berries, seeds, soil, leaves, nests, rocks, feathers, tree bark, sand and everyone of different shapes and colours, everyone with a name, an origin, a story. Through play, it's possible to recognize and explore diversity. The workshop will begin with a video (produced specifically for the workshop) lasting 10 minutes, in which you will hear the testimony of old farmers, who will inspire our hands. After this video, there will be an introduction to the issues and the format of the workshop. The participants (individually and in groups) will begin to create forms and juxtaposing colors by using the materials offered by nature, while a professional photographer will document the experiment. The act of playing evokes childhood and it frees the hands and the mind. Playing and creating through nature becomes a reflection on time and space because all kinds of leaves and seeds are evidence of the different ways in which space-time is expressed.
Proposed outcome	Each participant will receive the pictures (in digital format) of the workshop
Proponent(s)	Armando Mangone, Antonello Perrone, Ecobaleno associazione; Maria Luisa Priori, Felice Gualtieri, Nooffice group (Italy)
Day(s)	Thursday 20
Location	

64. Do it with our waste

Keywords	Re-use, design, social value of products
Description	The aims of the workshop are; to get people working on reusing waste materials and to involve them in the evolution of a re-use design project. <i>Reverse</i> proposes to develop these themes using a both a theoretical and practical approach. It looks at both the ethical and social debates (i.e the educational value of reuse, interpersonal relationships, social wellness and environmental respect), as well as practical issues, from the project proposal to the execution phase of the products. These two aspects will be developed in parallel. From a theoretical point of view, attention is focused on creating a new attitude towards products, separating them from commercial imagery and returning to their social value, while considering that they are made through a web of interpersonal relations. The workshop will be focused on socialising and sharing, and the goal is to participate to help create the end product. From a practical point of view, the workshop will be an opportunity to share

our diverse backgrounds and to spread and to strengthen values (rather than “teach” techniques). In the project design and execution section, the aim is to encourage people to rediscover individual or group creative abilities, starting with a critical look at the re-use theme. The workshop will start with presenting existing projects, products and techniques, but will then provide participants with the opportunity to propose specific solutions. This will enable you to “re-appropriate” your materials and reinvent new meaning and new uses, in an exercise of abstraction and reinterpretation.

Proponent(s) Associazione Reverse (Italy)
 Day(s) Thursday 20
 Location

65. Participatory Design of the International Degrowth Network

Keywords Network implementation, linking Degrowth movements and research, Degrowth journal

Description In June 2011 a group of young scholars and activists created an International Degrowth Network (IDN). The mission of the network is to facilitate the translation and exchange of knowledge and experiences on Degrowth-related issues, in order to create synergies between academic research and the numerous activist and civil society Degrowth movements worldwide. Degrowth is a perfect example of a transdisciplinary field of research, as it involves both activism-led science and science-led activism. This network aims to bridge the scientific community with agents of change from social movements and other milieus and empower the Degrowth movement between and beyond national initiatives. The main objectives of the network are to:

- Create and sustain a mailing list for coordinators and supporters
- Translate key texts into English and other relevant languages
- Update and promote the website <http://en.demagazine.eu/> to publish articles and other translated texts as well as a platform for network communication
- Give workshops at conferences, universities and public spaces about the network

In this inaugural workshop, the group is going to present its early outcomes and will discuss the ideas, expectations, possibilities and desirable impacts of such a participative network. Moreover, we aim to involve new participants, consider further collaborations and define future milestones.

Proposed outcome Expected outcomes of the workshop:

- Official foundation of the network
- Development of main guidelines for working in a participative network
- Dissemination of the network and structural implementation
- Recruitment of more country coordinators/communicators (one or two per country)
- Clear outline of upcoming milestones

Proponent(s) International Degrowth Network for the Empowerment of Agents and the Dissemination of Ideas for Transformation (IDN); Anja Humburg, Leuphana University of Lüneburg, (Germany), Vincent Liegey, Corvinus University of Budapest (Hungary), Panos Petridis, University of Klagenfurt (Austria), Mildred Gustack Delambre, Nova Oikos Project (Brazil)

Day(s) Thursday 20
Location

66. Consumer Awareness

Keywords Civil theatre, water, scenarios

Description Awareness in food consumption and the abuse of water resources are the research topics presented by *Veneto Responsabile* in this workshop through live multimedia-supported digital “teatro civile” (storytelling theatre) performance. This project, proposed by Carlo Presotto, in collaboration with Babilonia Teatri, dramaturgy by Titino Carrara and Mauro Zocchetta, accompanied by the mise-en-scène of Giorgia Antonelli and Matteo Balbo, shall be presented at the Degrowth conference in two parts. The first part is dedicated to the stereotypes of food consumption. The second part, more reflexive, examines the ancestral relationship between humans and water, starting from narratives of the myth about the origin and creation, and developing a framework of awareness and understanding about the water footprint in man’s daily activities. Participants will then be asked to come up with their own performance ending, led by a

scenario thinking perspective, facilitated by Andrea Marella – economist, University of Padua – playing, for this occasion, the role of analyst for Veneto Responsabile.

Proponent(s) Andrea Marella (Italy)
Day(s) Friday 21
Location

67. How to construct a small wind turbine using simple tools, materials and techniques

Keywords Renewable energy, open source hardware, small wind turbines
Description The workshop will provide participants with the opportunity to come into contact with an open source technology for producing electrical energy from the wind. Small wind turbines of this type have been built in hundreds of rural electrification applications in the world and are developed by a global network of users and designers of this technology. The construction of a locally manufactured small wind turbine will be reviewed, looking specifically at the materials, the tools and the techniques used in the process. The main parts of the design will be presented during the workshop. We look at; the construction of the wooden blades with the use of hand tools for wood curving, the construction of the generator using neodymium magnets, iron disks, polyesters resins and copper wire conductors, which are all made using simple workshop tools and moulds. Finally we look at the construction of the metal frame, of the tail vane and of the passive aerodynamic braking system, using different iron bar profiles and an arc welder. We will also discuss the technical details of small scale renewable energy systems for the local production of electrical energy in small rural houses, small farming communities or ecovillages.

Proposed outcome The workshop will inform the participants on the empowering technology of open source hardware and, specifically, small wind turbines. The knowledge of how to produce electrical energy with low green house gas emissions and from renewable sources on a local scale will be shared. The process of collectively constructing a small wind turbine strengthens social relationships and provides relational goods. Technical skills of working with tools and materials will be obtained (time permitting).

Proponent(s) Kostas Latoufis, Nea Guinea collective (Greece)
Day(s) Friday 21
Location

68. Open Source Ecology

Keywords
Description In this workshop we will introduce the initiative of Open Source Ecology Italy and the viability of the project beyond the borders of the countries already involved in this process. We support self-construction projects - with a philosophy of open source – with a kit of 50 machines necessary for the building of a Global Village, GVCS. This will demonstrate that a paradigm shift in the mode of production is possible, if you have free access to ideas and knowledge of how to do it. The prototypes of the machines should be completed by the end of 2012. At present there are already 20 prototypes. Currently we are working to construct and test one of the 50 machines planned, the 'PowerCube', a hydrodynamic engine that powers most other machines. In parallel with these experiments we are evaluating the project for a Global Village, an eco-village that is connected to a wide network of other eco-villages,. The synergies that we want to develop refer to the relationship between city/countryside, with a move towards decentralisation from the city to the countryside for activities that are currently impossible or too expensive. The workshop will be a space for meeting and knowledge in which we want to introduce the project OSE Italy, the workshop is in collaboration with the *officinaworkshop*.

Proposed outcome - Production of audiovisual documentation of the proposed activity and subsequent dissemination of the results.
- Dissemination of the experience made in the Conference through press, blogs, video channels.

Proponent(s) Jacopo Amistani, OSE Italy
Day(s) Saturday 22
Location

69. Nonviolent Communication – A language that supports a happy degrowth

Keywords	Connection, Clarity, Empowerment
Description	<p>Guided by John Kinyon. John has studied and worked closely with NVC founder Marshall Rosenberg since 1998, becoming a leader in the NVC community in his own right. He has been a trainer for the International Center for Nonviolent Communication since 2000 and is a co-founder of the Bay Area NVC organisation. Since 2003, John has been collaborating with Ike Lasater on an innovative approach to teaching and learning NVC Mediation. The partnership first began in the wake of US military actions that followed 9/11, with a 2002 journey to the Pakistan-Afghanistan border to do a training with Afghan tribal elders. There, John and Ike experienced anew the power and universality of NVC, which succeeded despite the eight languages in the room.</p> <p><i>Interactive Workshop</i></p> <p>There lives in every human heart a deep longing for peace and harmony. This longing is often frustrated as world peace appears to us unreachable and even in our daily life peace is hard to secure. In Marshall Rosenberg's view, the reason for this lies to a great extent in the way we communicate. According to him it is the language that we have learnt and which we use to talk and to listen to others that is intrinsically non peaceful since it blocks our natural empathy and does not give expression our "communitarian instinct". It is not a language that makes me want to come close to people, to trust and to collaborate.</p> <p>The participants will have the opportunity to experiment how the tools of Nonviolent Communication allow people to shift from a sense of separation to one of connection and from conflict to collaboration. They'll be able to verify and practice how this language empowers us and stimulates our collective intelligence to resolve the challenges that confront all human beings.</p>
Proponent(s)	Eduardo Montoya Arriens (Italy)
Day(s)	Saturday 22
Location	

70. Making The Archaic Future: Towards A Gilanic Degrowth

Keywords	Gilania, matriarchy, male-female relations
Description	<p>"At that time women and men lived in a state of innocence and were simple and genuine, and the conduct of all was spontaneous and direct. They lived in harmony with the seasons' rhythm and animals and humans respected each other. But this age was destroyed when the excavation of mines, tree cutting, the practice of indiscriminate hunting and fishing and the improper use of the fire reached an unbearable level for the rhythms of renewal of Mother Nature. This also meant the loss of the feminine principle of eternal renewal, which was the base of the Age of Great Purity and required the ability to use natural resources in a balanced way and not so massive as the one who procured its end." The current dominant system is falling apart: some argue that the catastrophe is already in place. What singing can enable us to exist or rather to re-exist? A female perspective on the world could interpret and clarify the search for new models of transformation. The exclusion of the other half of the sky by the processes of domain can have preserved us? And feminist thought, our modality, our being in becoming, not contaminated, is an advantage in order to redefine alternative models that we are trying to figure out when time seems expired? We go ... toward the Age of the unending cosmic struggle, or is there a chance to balance the hemispheres? This experiential and educational workshop will investigate these issues, encouraging more constructive modes of events and actions, and learning to distinguish, live, create, cross the thresholds of other possible worlds. <u>Max 25 participants.</u></p>
Proponent(s)	Daniela Degan, http://decrecitaroma.blogspot.com
Day(s)	Saturday 22
Location	

71. The Self Realisation through the practice of Meditation

Keywords	Meditation, Inner peace, Lyfestyle
Description	<p>In today's society where progress is turning out to be in decline, where too-hectic times affect health and lifestyles, where information is delivered without time, places and filters, the economic and value crisis is perceived not only globally but especially at an individual level.</p> <p>Nowadays the self crisis is more severe than ever, or better say the lack of awareness of one's own true identity and nature, which results in the self identification in things, objects, fashions, masks, in short in everything that is different from one's real self.</p> <p>However yearned and searched by man kind since ancient times, the change can now be reached and easily experienced as making a phone call or turn the computer on.</p> <p>The technologic times of evolution, albeit in a not perceptible way, go with much more important human evolution. Sahaja Yoga meditation has been promoting all over the world for forty years a personal change that sees the awakening of consciousness in which personal and collective well-being, harmony, sustainability and peace can actually be achieved in today's society.</p> <p>The achievement of this goal does not require the abandonment of one's own job, personality or beliefs. With meditation one become aware of oneself so deeply, spontaneous and natural that all conditioning coming from the society, all mental constructs and false identifications will disappear and leave space for what we really are: equal in the Spirit.</p>
Proponent(s)	Cristina Mattiello, Ass. Sahaja Yoga
Day(s)	Friday 21
Location	