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a residential worklab with varun

***At
Götzer Berge***

***Soup together on 6th
February 2026 in the evening
around 06:30 p.m.***

***Practices on 7th February
2026 and 8th February 2026***

***We could arrive at the timings
for the practices together
based on participants' needs,
concerns and requests.***

***The last practice of the
worklab would pause around
01::00 p.m. on 8th February
2026, followed by lunch
together.***

Flow is the thread of time.

There is flow in how we work, how we think, how we act.

Our organs function in flow with each other.

Our breath flows into the the energy that sustains our daily life.

Our habits are in flow.

We are sustained by the flowing matrix of so many complex inner and outer processes.

Flow is sustenance.

To sustain is not just to retain the old, but to transform as the world and its happenings transform around us.

To flow is to discover and rediscover again and again what it means to repeat the act of living, breathing, acting, working with a steadfastness that only repetition can help us encounter.

This worklab attempts to introduce practices that are sustainable through repetition for the body, breath, voice and inner nourishment . We shall try and together remember, re- realize what it might mean to sustain individual somatic practices for long spells. Sense what happens when practices approach a lasting timelessness.

Practitioners of various somatic practices, movement practitioners, dancers, teachers of various somatic practices, performance artists, activists, doctors would find this worklab useful

Those beginning to explore body and breath practices are most welcome to attend. The worklab attempts to respond to the needs of the participants.

For questions and registrations please write or call:

~Varun~

E-mail: varunaiyer@gmail.com

WhatsApp: +91 6382371580

Telegram: +91 9884051085

~Marie~

E-mail: post@yogakreuzberg.net

Telegram: +49 163 4899035

Accommodation and Food:

Along with Marie and Varun, interested participants are welcome and invited to participate in cooking meals for everybody present during the two days of the worklab.

Participants could choose to bring along a tent or bring along sleeping bags/ personal sleeping arrangements for stay in the community Jurte.

Those who wish to spend a day earlier staying in the space and/or addressing specific subjects of interest with Varun are also welcome to do so. Participants are also welcome to fix one-on-one sessions on 6th February 2026 04:00 p.m. onwards with Varun to address their specific concerns and seek care.

Honorarium:

**Accommodation in your tent or the Jurte, and food, per diem:
25€**

Worklab Fee for the two days is a sliding scale from 150€ to 250€~ participants could choose any amount they feel comfortable with.

Register for the worklab by confirming your presence through e-mail. 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: UTIB00000782

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.

