

Self Exploration Porcelain & Perfume

Reconnect with the sense of Touch and Smell & encounter your deep self

This retreat within an intimate community offers a time to remove yourself from your environment & reconnect with your inner self, restore spiritual imbalance, empower an emotional, physical & mental levels.

Led by

Clotilde Le Grand

Ceramic Artist & Alternative Therapist

Du 21/ 25 juin 2021

@ <https://www.lapierreverte.eu>

From 765 € all included

Limited to 7 participants

Early Bird: Book before 30 avril & get 50€ off



Off the flow 1

As a child, I was fascinated by scents, passionately collecting samples & making perfumes from mixtures of rose petals & incense powder that I let soaked in alcohol.

I spent long hours playing with the sand at the foot of my swing, making cakes that were more or less wet! Time & space disappeared & without knowing it, I was connected to my inner self.

The path I have travelled since then has brought me back to that inner space where smell & ceramics are united in my practice.

I am happy to accompany you in this exploration with tools that are so dear to my heart, by their softness & their subtle vibrations.

Session 1 - RECONNECTING WITH ONESELF

Session 2 - FROM CHAOS TO ORDER

Session 3 - CREATING A MEDIATING OBJECT

Session 4 - STABILITY & STRENGTH

Session 5 - FEELING GRATITUDE

Session 6 - INDIVIDUAL SESSION

Session 1- RECONNECTING WITH ONESELF

Objective

How the mind's projections induces feelings & how can I benefit from it?

Calming my mind.

Becoming aware of my emotions through scent.

Topics

Defining where I am in the moment.

Finding clarity about my intimate self & emotions.

Reconnect with my memories.

You will process the course by breathing the same scent in order to create an invisible bond within the group.

You will enter a meditative state & create a new space for yourself.

Tools

Meditation

Guidance

Essential oil blend supplied in advance of the retreat

Be suprised

Session 2- FROM CHAOS TO ORDER

"Without emotions it is impossible to turn darkness into light and apathy into movement." Carl Gustav Jung

Objective

Explore clay & find myself.
Experiencing the sense of touch & enter in contact with oneself.
Open my sense of touch & smell deeply.

Topics

What this tells me about myself, my trust & self-connection?
Where do I stand in relation to my sense of touch?
How can I explore the intimacy of my skin?

You will work with hot water & white clay.
You will experience how music can lead to an alternate state of mind as you explore your sense of touch.
You will let your intuition of gesture guide you.
You will close the session with inhaling a scent.

Tools

Porcelain
Warm water
Binaural music*
Essential oil blend

Be Explored

Session 3- CREATING A MEDIATING OBJECT

"I really didn't know if I was breathing music or hearing perfumes or sleeping in the stars." Maupassant

Objective

Creating a mediating object that carries my personal information & energy.
How my sense of smell connects me to my sense of self.

Topics

Exploring how smell & touch are allies.
Creating from the realm of nothingness a significant 'object' for myself.
Give shape to clay.

You will inhale a scent while making the connection between your shaping & the odor.
You will progress in the creation of your object.
You will bond with the group via same creative energy.

Tools

Porcelain
Warm water
Essential oil blend

Be Secured

Session 4- STABILITY & STRENGTH

Objective

Bringing attention & care to my object: the mediator.
Reconnecting to an alive sense of self.
Unify my vibrations to the heart of Clay.

Topics

How does this object become the witness of where my conscious & unconscious meet?
How can I self-regulate & stand as the mediator of my past, present, futur?
You will listen to music when encountering a scent & bond with your object.
You will allow a simplified path to open within yourself, letting life flow within.

Tools

Music
Guidance
Essential oil blend

Be Whole

Session 5 - FEELING GRATITUDE

Objective

Feeling stable in the inner space I have created for myself.
Feeling gratitude & love for myself.

Topics

How has this exploration was for me?
How can I create a free & empty inner space & feel good there?
How this object can carry a sense of gratitude & awareness.

You will meditate with your object with music & scent.
You will share your present reality.

Tools

Feed back.
Meditation
Scent

Be Grateful

Session 6- *INDIVIDUAL SESSION*

Objective

Undertake an evolutionary healing process.

This deep one-to-one session will lead you to a deeper sense of freedom, igniting inner peace, joy & healing.

Be free

About Clotilde

I was born in Paris & have lived in Prague, London, & Vancouver before returning to France and settling in Uzès. The mother of two daughters, I was an actress before studying alternative therapies. I began throwing clay in False Creek, Vancouver & subsequently studied ceramics at Saint Quentin la Pottery, France. I established my own studio in 2013, my current work explores the softness of porcelain & the delicacy of Celadon glaze.

Healing Therapies

I have training in :

Olfacto-therapy : A psycho-emotional therapy using essential oils. Smell is an ancient sense. It is perhaps the most primal of senses holding surprising sway over cognition, emotion & even our healths. It can transport us to an altered state of consciousness where healing memories are conjured giving us a reset to our emotions.

Zero mental: which highlights that the perceived reality is, above all, illusory & that we are hypnotized by our mind to which we identify ourselves daily, as in a dream.

Etio-medicine: an energy healing which addresses the source of suffering to unblock & restore the natural energy flow, guided by the pulse of the client .

I have followed several workshops with Dr Joe Dispenza whom I love for his quantum physics meditations, where science meets mysticism.

I have experience with South American entheogenic brew used as a traditional spiritual medicine in ceremonies both in Peru and Mexico.

** Binaural music: generally designed to lead the brain in a similar way to meditation; a state often referred to as mindful awareness in the present moment.*

No creative skills are needed for this workshop.

Materials supplied :

An olfactive Kit with high-quality essential oils. These home made blends are free of synthetic additives. Essential oils have been used for thousands of years for their spiritually & emotionally uplifting properties.
A porcelain loaf

For the workshop you will need:

- comfortable clothes for meditation & to be dirty.
- a cushion
- a note book

www.clotilde-le-grand-ceramics.com

[@clotildelegrandceramics](https://www.instagram.com/clotildelegrandceramics)

