## Forest of Thought Gathering with Caroline Ross on Sunday Nov. 5th, 13-17

Welcome to an afternoon of conversation, crafting and listening hands

In a time of automation, abstraction and smooth, digital surfaces, what could be more radical than the grounded embodiment and textured beauty of making craft and connecting with others? In many ways, the creative act of making is one of the strongest expressions of life-force in humans – how do we recover some of that power?

In the course of this workshop, Caroline will share some of her thoughts around life, making and movement, we'll explore crafting with foraged and found materials and tapping in to bodily knowledge. It will be an afternoon of connecting head, heart, hands and ground – and sharing fika of course!

Caroline Ross is an artist, craftswoman, writer and T'ai Chi teacher. In this unique workshop she'll be drawing on all these different aspects of her work. You'll find her sharing her passion for foraging and crafting via @foundandground on Instagram, and she writes weekly on themes of embodied life, art and the Way as Uncivil Savant on Substack.

Since the inception of the podcast, I've hoped that it might offer the opportunity for new encounters and gatherings in person, not just in the virtual podcast space. I'm very pleased to be hosting a series of events this fall, bringing people together to explore the broad theme of 'life-force' and how it relates to consciousness, ecology and desire. A warm welcome to join us on November 5th!

Ingrid, host of Forest of Thought podcast

WHEN: Sunday November 5th, 13-17 (includes tea break with fika).

**WHERE:** The Studio at Brunna Gård (Vänge-Brunna 3, Vänge).

**SUGGESTED DONATION:** 200kr.

Swish to +46738251333.

**RVSP:** Limited spots! Register ASAP by emailing ingrid.m.rieser@gmail.com

## HOW TO GET HERE:

**By public transport:** From Uppsala C, take the 848 bus from location C2 to Vänge Ekeby (about 20 min).

**By car:** Brunna is just outside of Vänge. Following GPS to Vänge-Brunna 3, 75578 Vänge should get you here!

If you have any questions please don't hesitate to get in touch at ingrid.m.rieser@gmail.com or call +46738251333.