



Lifegym

**** CONCEPT DOCUMENT 5/4/18 -YOUR FEEDBACK INVITED! ****

At **Dreamspace Gallery and Workshops**, 61 Carnarvon St, Gisborne

A safe haven for artists, spiritual and mental seekers A workout space for the mind and spirit...

-a supportive place to learn and create art and crafts, read, meditate, practice Yoga, Chi Gong, Positive Psychology and other life-enhancing techniques

- a venue for workshops on a rainbow of fascinating, life-enhancing topics

- meet and synergise with others of like mind and heart.

Membership of [ballpark] \$17 a week gets you into your own Dreamscape, a kaleidoscope of life-enhancing experiences:

- **Use (scheduled) of the various workrooms and their equipment -**
 - Painting studio
 - Picture framing, glasscutting, stained glass area
 - Blue Room for meditation etc
 - Library and fibre broadband
 - Bookbinding, embossing and printmaking room
 - Woodworking, metalwork and carving area
 - Stone/shell/bone carving and lapidary room
 - Routing and shaping room
 - Mouldmaking and casting area
 - The Ferrocement yard for sculpture of anything from garden pots to ponds to statues to 'hobbit cabins'
 - The large gallery room for meetings, talks, dancing, yoga etc, also exhibitions and other events.
 - The 'upper room' to eat, drink and lounge...
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- **Individual and group life/art/writing coaching from Peter Harris** (MA in philosophy) based on his 4phase creative process philosophy - see www.4phase.org - and metaphysics, a mix of Plato, Pirsig (*Zen and the Art of Motorcycle Maintenance*), Nietzsche, and others of the 'Perennial Philosophy' of the Western tradition (and some wisdom from the East, naturally! - mainly Taoism, Tantrism and Zen).

Our goal is to create in ourselves a dynamic, ultra-creative 'Great Health' as Nietzsche called it, honouring the Balance of masculine-feminine, left brain-right brain, rational and intuitive, dynamic progress and stable prosperity. As in Star Trek, 'It's LIFE, Jim, but not as we know it.' It's LIFEGYM.

Come to Dreamspace and have a look and a chat with me now! (At present open Monday to Friday 10 AM to at least 4PM but I'm normally no more than 5 minutes away – this is Gisborne!)

Follow us on the website www.dreamspace.nz and get email notifications of new posts. Phone Peter Harris 022 3326568