

CONTEMPLER

Bien-être au musée®

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Rate : 200 \$ (2hrs)

Workshops all year and every day of the week

Reservation 3 months in advance

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BIEN-ÊTRE AU MUSÉE



PLEASURE

RENEWAL

SHARING

WHAT IS THE MUSEUM WELL-BEING CONCEPT?

It is an approach to bodily and sensitive appreciation of artworks by the way of contemplation.

The visual arts and cultural references related to the history of the arts, of course, develop the artistic and creative sensibility of the public.

But what is Sensibility, in the first place?

From Sense to senses

The organs of the five senses provide access to a representation of the world.

They capture external stimuli and encode them into sensory information.

How?

Preparing the body first, in order to open this sensory space will expand knowledge through an enhanced apprehension of the artwork.

Participative mode

Encountering an artwork is not only acknowledging it with the mind, it is experiencing feeling and physiological sensation.

Taking time to explore the “contemplative” space as a bodily experience will then encourage visitors to put words on their emotions and feelings.

The analysis of the artwork derives from this first approach and arises in a live mode instead of a passive one.

BODYNESS

RELAX



SLOW DOWN

COME BACK TO ONESELF

HYPERPRESENCE

RELAX WHY?

In the first place, relaxation is offered to the public through an introduction to a French concept: the body practice called Sitting Wutao®.

Relax State

This energetic art accessible to all allows to relax the body and become more receptive.

Perceptual Gaze

This corporal practice solicits the senses and prepares the public to open their perceptions through gazing at the artwork. Hyper présence

Hyper-presence

In this moment of attention to oneself, it is not the thought that acts but the perceptions through the body and all the senses that spontaneously occur. Ideas and analysis only come afterwards.

«The proper body resides in the world like the heart abides in the organism: it continually keeps alive the spectacle of the visible, it animates and nourishes it internally, it forms with it a system.»

Maurice Merleau- Ponty

The adventure of the gaze

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DISCOVERING

DISCOVERING ONESELF

BECOMING ACTIVE

FACING THE ARTWORK : CONTEMPLATION

Taking time to rest in front of an artwork is the first attention proposed — to children and adults as well.

Awareness of one's body while abiding in the corresponding space is decisive. The "sitting" position is worked through exercises such as the alternation of ascending postures and descending ones, in order to erect the spine in accordance with its proper straightness and feel naturally relaxed

The Mental Gaze

Usually, artworks require explanations. Here, in front of a modern or contemporary artwork, the usual notions of harmony are reversed. The participants in this first stage could feel the need to question the “reality” of this or that representation.

The Sensory Gaze

This second step proposed gives the possibility of allowing the eye to circulate freely according to the rhythm of the elements, to impregnate itself with colors, lines, forms and materials encountered on its way. It is not the mind that receives, it is the senses that perceive.

The Contemplative Gaze

This last step consists in experimenting as a whole the different stages of visual awareness in front of the artwork: mental and analytical exploration, sensory immersion and finally meditative space.

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MUSEUMS

INSTITUTIONS

ASSOCIATIONS

Baby visits

Sensory Workshops for kids

“Contempler” Sessions for adults.

THE COACH

Isabelle Martinez has set up the Museum Well-being center within the *Musée d'Art Moderne* in Paris, France, where she organizes contemplation sessions for adults and sensory workshops for children.

She is a certified teacher of wutao® culture—also trained in art therapy.

She is also a consultant specialized in promoting sensory and well-being activities in arts centers or tourist structures.

