



BOHEMIAN PILGRIM

INTRODUCTION
TO INTUITIVE
NATURAL
BUILDING

TURKEY
29 TH AUG- 19TH SEPT 2019

- 29 AUG - 4 SEPT
- 5 SEPT - 12 SEPT
- 13 SEPT - 18 SEPT
- 18 SEPT - 19 SEPT

STANBUL
IMBROZ
CAPPADOCIA
KONYA

Bohemian Pilgrim is a Curated unlearning journey and covers three aspects; Architecture, Art and Spirituality . It is an extened version of Intuitive Natural Building Workshops and has multiple stages to get into deeper learning. It is a gathering for collective sharing as artists and focuses on self reflection as a medium of teaching.

This year we travel to Turkey and will sync our learnings with locals of Anadolu. We will travel with a max of 15 participants and the facilitators to four sacred spaces over 20 days.

For booklet and registration please write to obaruhu@gmail.com

- INTUITIVE NATURAL BUILDERS UNCONFERENCE -
- VAASTU SHAASTRA WORKSHOP -
- INTUITIVE NATURAL BUILDING WORKSHOP -
- ART OF UNCONDITIONING WORKSHOP -

Bohemian Pilgrims: Introduction to Intuitive Natural building

Obaruğu represents the spirit of nomads and has realised the importance of collective learning from nature and masters. INB journey is first of its kind is a reflection of what Obaruğu believes in. To give you a brief idea about Intuitive Natural Building (INB), the process has been inspired from our journeys in Brazil and Turkey and we incorporate sensory based element games, hands on natural building, community living and holding a conducive space for sharing and exchanging our skill sets to contribute to the idea of collective learning.

Continuing with our core value of being a nomadic community we now have made it a practice to travel to masters from different fields who work on art, spirituality and sustainability to gain first hand knowledge from the source itself.

This journey is a part of the process that Obaruğu has been evolving over the years and is an extended program for intuitive natural building.

Stages of the Journey

Stage I: Istanbul: Entry Free
29th August:
Natural Builders Unconference

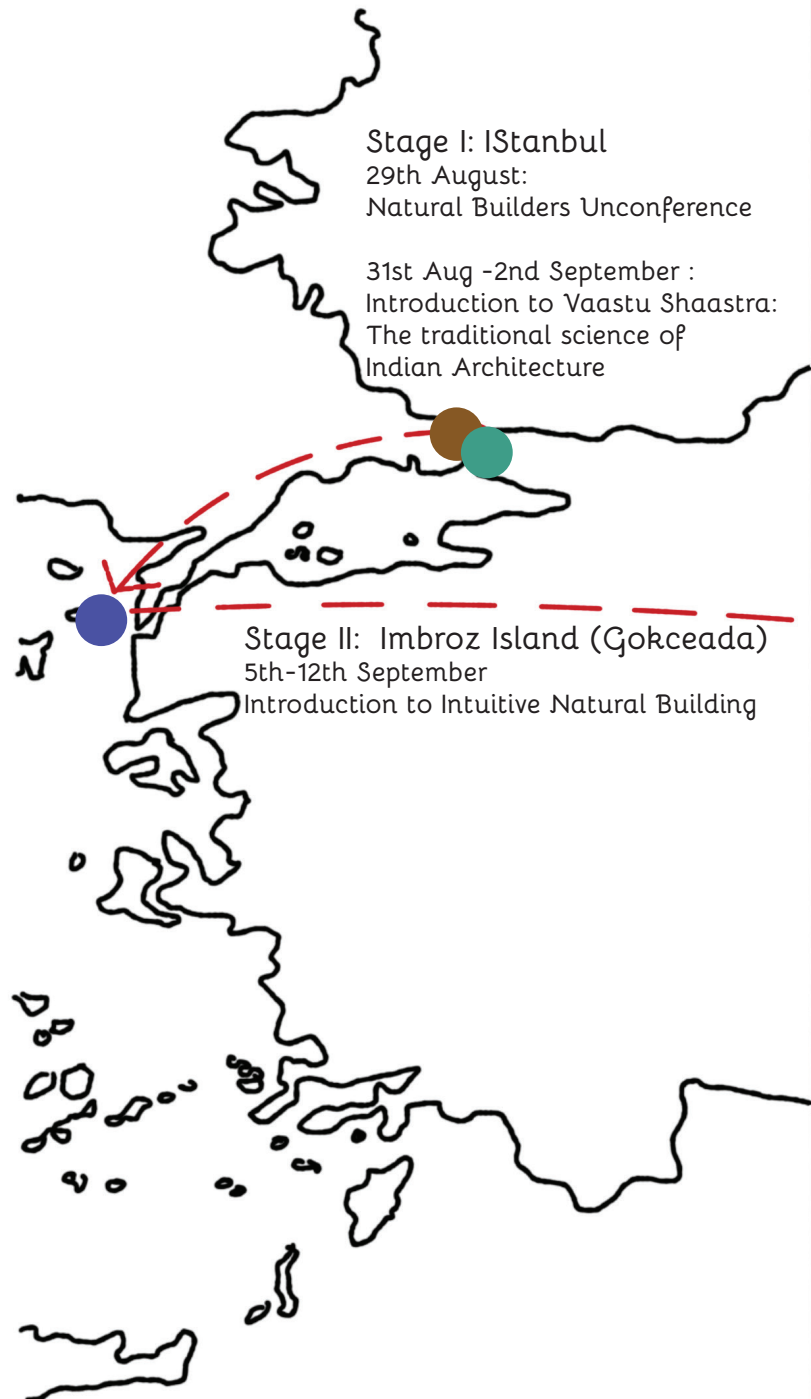
31st-2nd September : 500 TL
Introduction to Vaastu Shaastra: The traditional science of Indian Architecture and Design.
Lectures and excursions to sacred spaces
Facilitators: Chandana Reddy & Merve Tekin

Stage II: Imbroz Island (Çokceada)
5th-12th September: 1600 TL / 2050 TL
Introduction to Intuitive Natural Building
Hands on workshop on Hyperadobe, Cob, Carpentry, Tadelakt Lime plaster and Element games
Facilitators: Merve Tekin, Mukund Iyer, Manu Narendran, Mathieu & Ece

Stage III
13th-18th September: Cappadocia : 800 TL
Art of unconditioning : Art, Treks, open space for skill share, circles and personal retrospection
Facilitator: Mukund Iyer

18th-19th: Konya : 250 TL
Guided Konya Visiting
By Whirling Dervish: Alper Akcay

Registration form Link: tiny.cc/z92i7y





Stage III
13th-18th September: Cappadocia
Art of unconditioning

18th-19th: Konya
Guided Konya Visiting



اساتذہ کرام کی خدمت میں

مخلصانہ تحفہ

میں نے اپنے دل سے لکھی ہے

اپنی ساری محنتیں

Stage I
29th August :

Istanbul

Natural Builders

Unconference

The unconference is an informal forum focusing on Natural Builders as Architects or Dwellers, their strive and revelations as they shed their skin of "conventional" living .

8 Natural builders 2 sessions 1 day

What does it mean to be a Natural Builder.

- Difficulties experienced by an Architect and Dweller
- Natural Building as a Practice and its shortcomings
- Post occupancy changes in behaviour of Dwellers
- Economics and Logistics of Natural Building, Dweller and Designers journey
- Deciding Technique and hunting for resources
- New discoveries and innovations in Natural Building

Speakers: Merve Tekin, Matthieu Pedergrana, Manu Narendran, Mukund Iyer, Melih Aşanlı, Ozgul Osturk

Registration Fee: Free entry

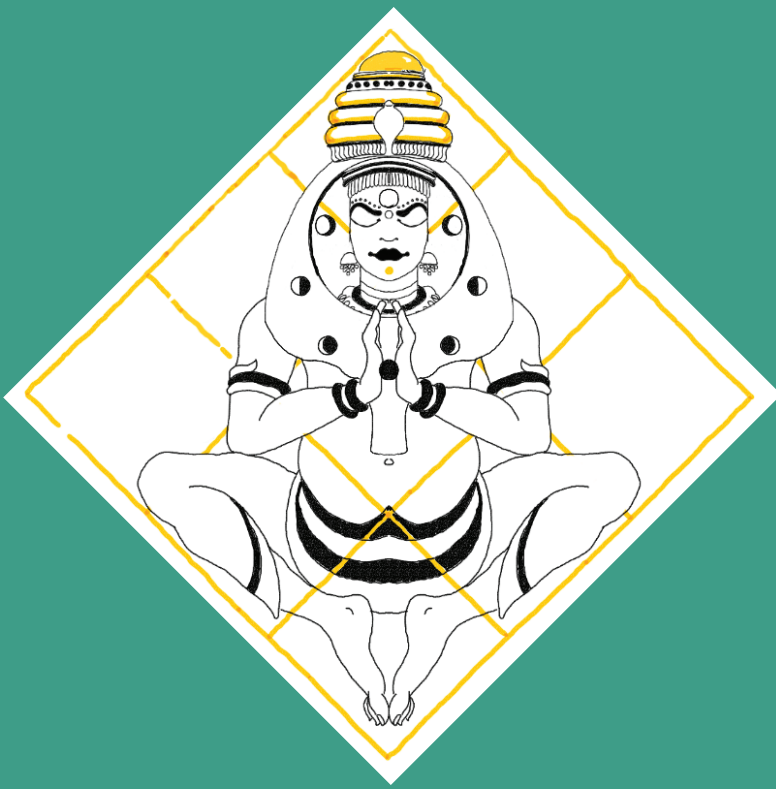
Stage I

31st-2nd September

Istanbul

Introduction to Vaastu Shastra :

The traditional science of Indian Architecture and Design Lectures and excursions to sacred spaces
Facilitators: Chandana Reddy & Merve Tekin



VAASTU - OVERVIEW

'Vaastu' (Sanskrit) is the energetic field or space surrounding any object. The two dimensional space or site on which the object rests is also known as 'Vaastu'.

Vastu, Vas & Vaastu are closely related Sanskrit terms. Their literal meanings are as follows:

Vastu – object, substance, matter

Vas – to inhabit, to live

Vaastu – the site, building, ground, a home or dwelling

Sources and transfer of knowledge

Indian wisdom and knowledge was traditionally passed down from one generation to the next orally, through recitation of verses in Sanskrit or shlokas. Some of this knowledge was written down in the Vedas over 3000 years ago (recent research reveals that it is probable they date back 10,000 years ago also). 'Veda' in Sanskrit means knowledge. The texts are considered to reveal Divine Truths. The original source for all Vaastu texts is considered to be the Atharva-veda.

It is found that originally there were 64 texts on the subject of Vaastu, written in Sanskrit, of which only 32 have survived. The texts cover a range of important topics such as :

Residential and temple architecture,
Town planning,
Sculpture making,
Design of vehicles (such as ships),
Furniture design and making of daily use tools and utensils.

Temple culture

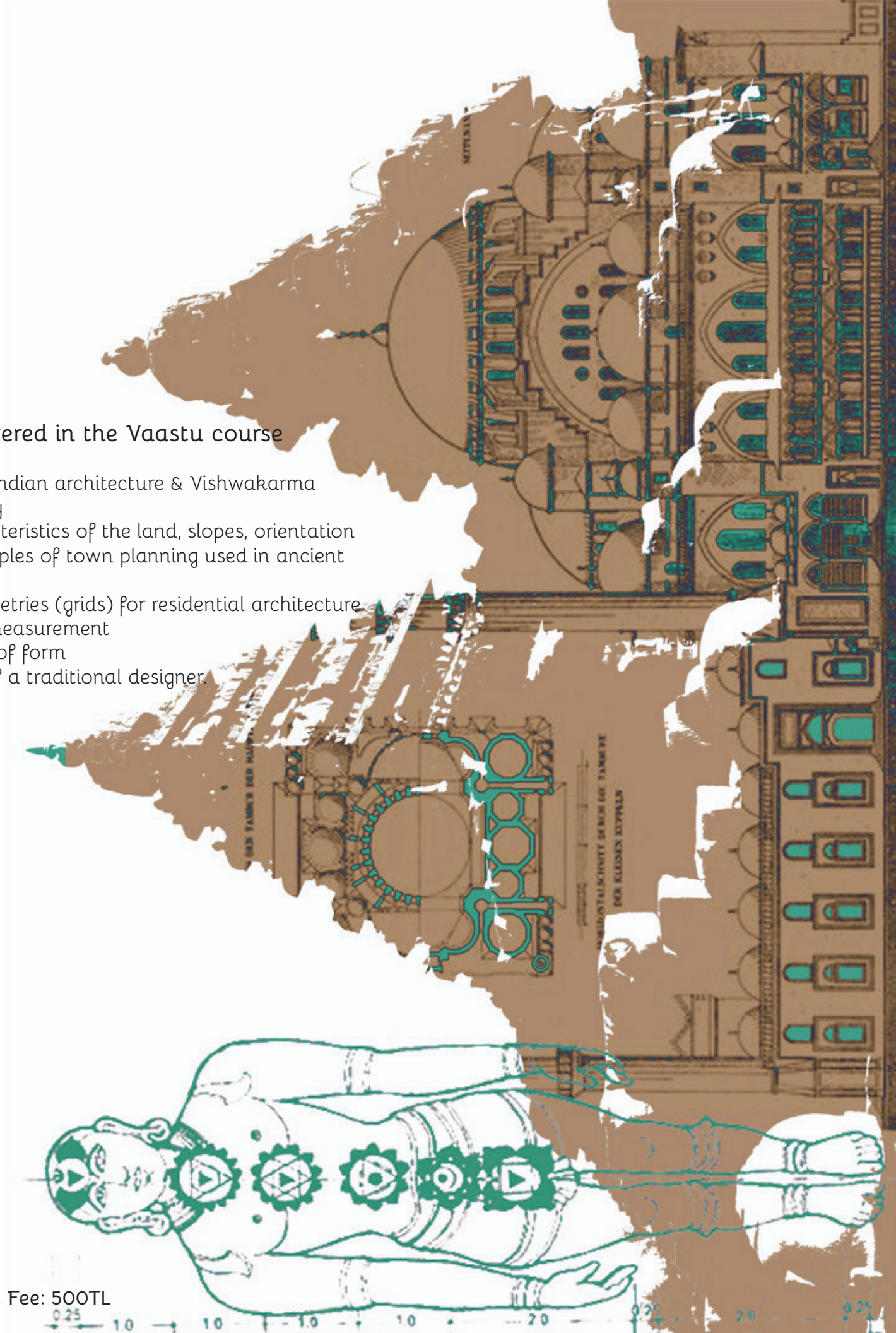
The ancient Hindu temples of India, like the scriptures, are cornerstones of this rich Vedic Heritage. The Vedic culture has been nurtured in these temples for thousands of years. They not only reveal the devotion of generations of people but also stand as majestic symbols of the religious culture of the people of ancient India. They were built by highly skilled artisans and craftsmen called Vishwakarma.

Vaastu Purusha Mandala

Vaastu is the space, Purusha is the energy and Mandala is the mystic geometry. This Mandala represents a spatial grid (typically made of 64 or 81 squares) within which a form of a man is placed, with his legs drawn close to his body. The figure of a man represents the potential energy, contained within the space or the earth, capable of being both constructive and destructive. Two diagonals are drawn joined at the center, indicating the energy lines and subtle energy points on the body of Vaastu Purusha. Forty five devas or cosmic energies, each occupy a distinct position on the mandala and are said to impart certain characteristics to the space. This pertains to the field of cosmology which is the the study or practice of recreating cosmic energy patterns on the earth.

Topics covered in the Vaastu course

- History of Indian architecture & Vishwakarma community
- Site, characteristics of the land, slopes, orientation
- Basic principles of town planning used in ancient India
- Basic geometries (grids) for residential architecture
- Scales of measurement
- Aesthetics of form
- Qualities of a traditional designer.



September

Imbroz Island (Gokceada)

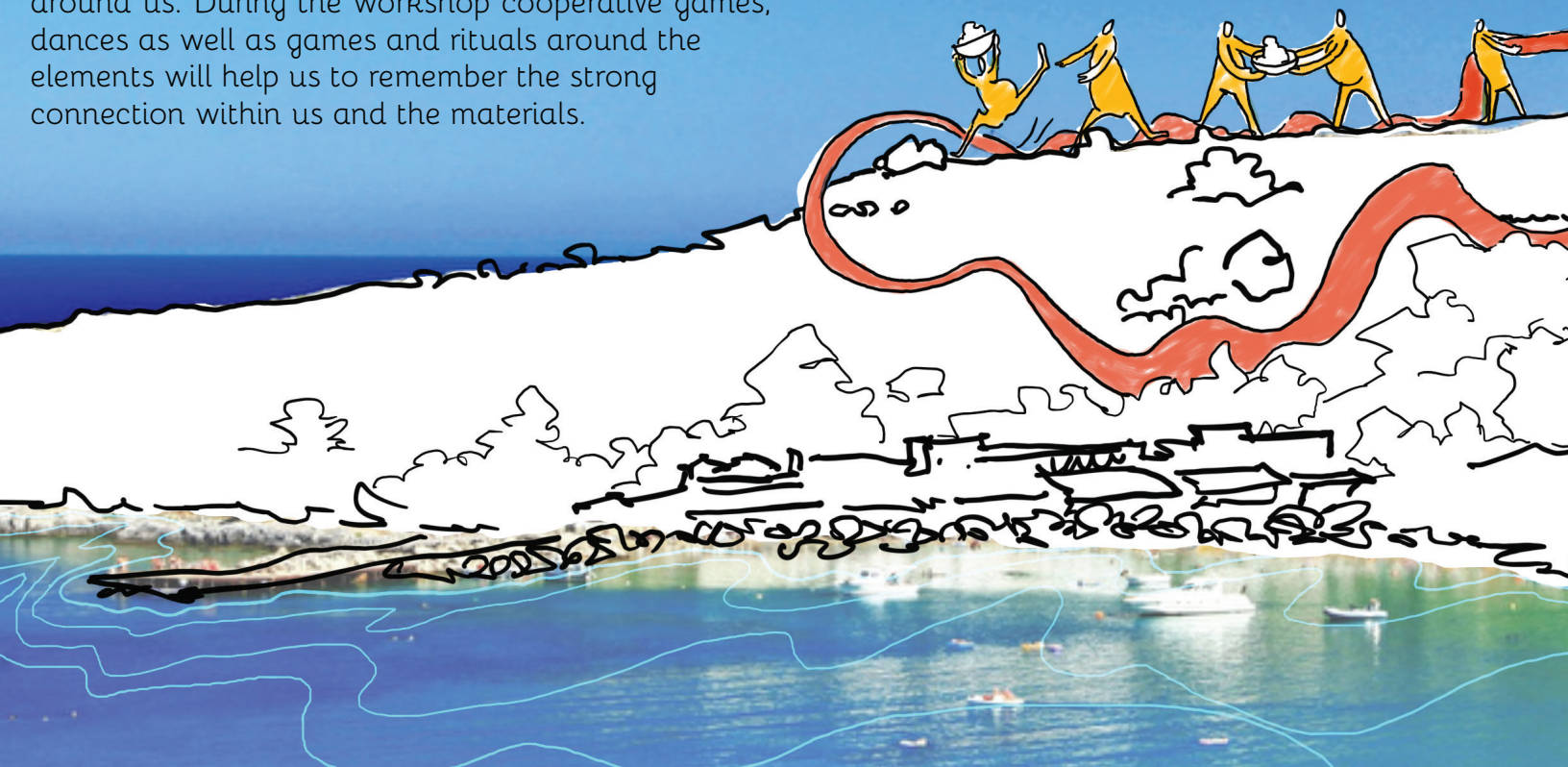
Introduction to Intuitive Natural Building

Hands on natural building workshop

Facilitators: Obaruhu, Thumb Impression, Tezeklevler

Aim: Introducing ecological and intuitive design to people aiming to build an efficient, nature friendly and humane living environments.

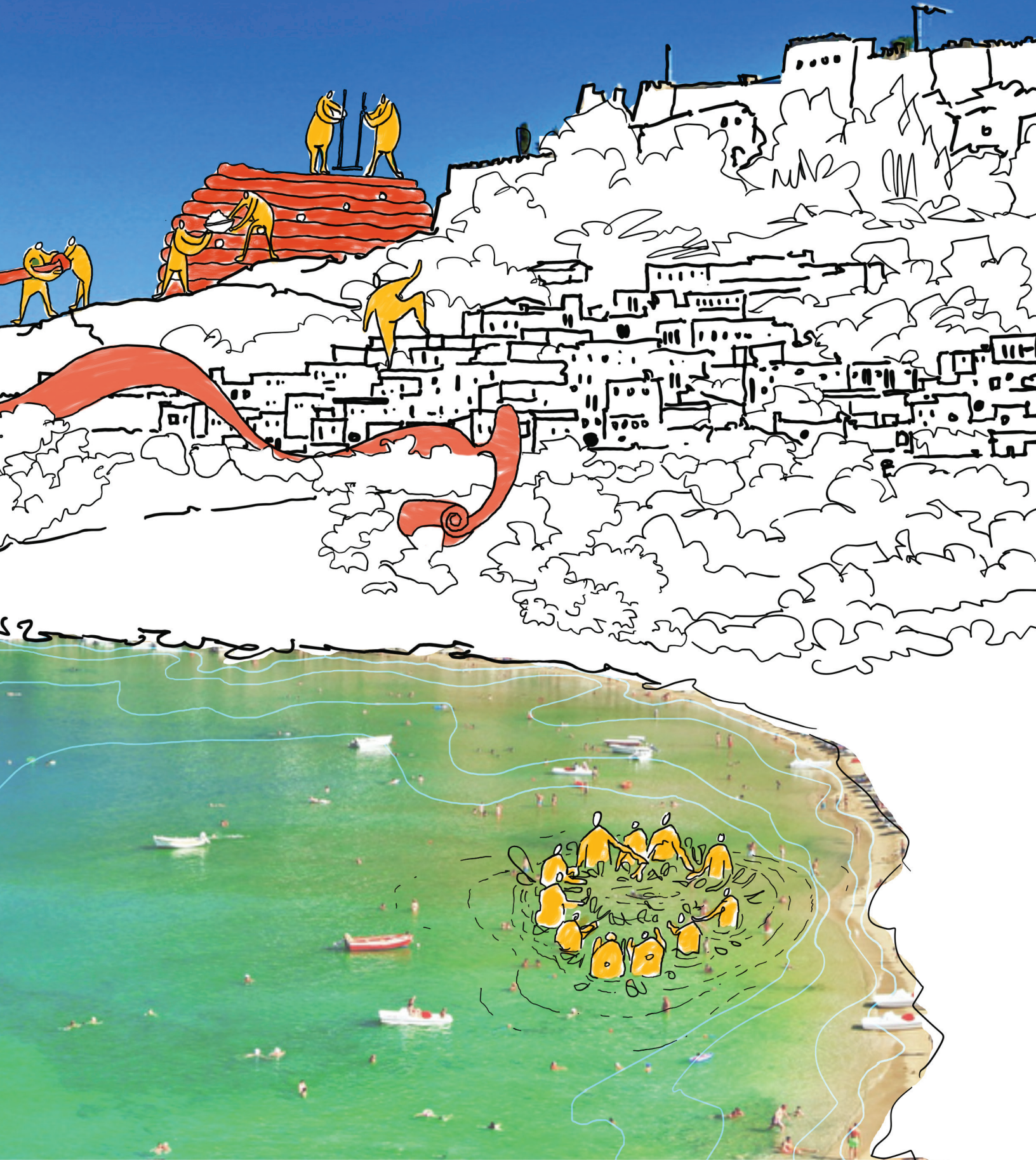
The 7 day workshop is to emancipate the dynamic and creative energy within you. It is to experiment, to empower and to explore the primary elements in and around us. During the workshop cooperative games, dances as well as games and rituals around the elements will help us to remember the strong connection within us and the materials.



The workshop will be based on practical demonstrations where you will be able to touch, feel and use different materials such as straw, mud, water and apply it to different techniques on useful project.

Together with hands-on session, the following theoretical presentation will be included:

- Bioclimatic Architecture : Choosing your site, materials and design an efficient and sustainable shelter
- Earth Building : Techniques and examples of building around the world
- Working with natural materials:
 - Introduction to natural building materials
 - Introduction to Basic carpentry
 - Introduction to Hyper adobe and cob building
 - Introduction to Tadelakt lime Plastering and Mud sculpting



WHAT WILL WE BUILD?

We will start building an open kitchen with seating space.

WHO CAN PARTICIPATE?

Any one who is enthusiastic about immersive intense hands on work with mud and wanting to experiment with community living.

COURSE FEE & ACCOMMODATION DETAILS

Accommodation in rooms: 2050 TL

Tent accommodation: 1600 TL

*Kids below 12 yrs age will pay half price

*Workshop will be in English and Turkish

*We believe in eco-living, thus this retreat would have good homemade food , vegetables and fruits which are mostly grown in or nearby farms.

*Rooms will be shared by participants (2-3 participants / room).

*Participants have to carry their own tent and gears.

* We invite you to pay the workshop fee and a little more if you would like to support a few other participants who need scholarship

* Scholarships: If the price is not affordable to you, let us know.



WHERE WILL WE MEET?

Turnorado House, Imbroz Island

Turnarado House is a small piece of our efforts of the life we dream and we hope to be. It has been built with the possibilities of growing and taking new shapes by time; so it has a hexagon plan with six doors option from each edge. With the power of community support by our precious friends and neighbours it became alive. The biggest effort has been given by the dream holders Merve and Tolga. Building our own house was a big journey of learning and finding the answers we are looking for. If a shelter is getting erected by natural materials and by your own energy; then it might be vibrant with joy, difficulties and unlimited exploration of life.

-Merve & Tolga



Stage III

13th-18th September

Cappadocia

Art of unconditioning

Art, Treks, open space for skill share, circles and personal retrospection

Facilitator: Mukund Iyer

Art of unconditioning is a session on using art as a medium to unwind and then to rejuvenate your creative minds and being actively mindful. It is a method of using art (free draw, dance, sing, write etc) for introspection and self exploration.

The process will focus on bringing balance to the two halves of the brain. Exercises will not require any prior experiences. Participants will be given multiple conditions for each exercise which they need to try and follow. The exercises will progress from relaxation to rejuvenation (Art detox and incubation) and eventually using senses as a medium to bring balance within. (Art through senses).

The brain has two halves, each having a control over our masculine and feminine side. One focusing on the reasoning and the other the free dreaming. To be able to come up with design which also has a heart and brain one needs to have both the halves participating in unison during the process of innovation.

The intention of this play is to empower each individual and to inseminate them with tools and actions that they can innovate and recreate. As conditioning and habit is what curbs our originality, "Change" is the tool that I propose to make this happen. A process that focuses and defocuses on unconditioning of the mind.

"The Only Thing That Is Constant Is Change"
- Heraclitus

Workshop is open to all curious minds and enthusiastic hearts who are open to the idea of letting go and experimenting with themselves.

The workshop will be mix match of sketching, co-operative games, element games, dance, music, writing and other experiential exercises as a medium to play amongst the participants.

Registration fee: 800TL

Stage III

18th-19th September

Konya

Guided Konya Visiting

By Whirling Dervish: Alper Akcay

This part will be guided tour by Alper to various tombs of sages in Konya. Discussing about whirling dervishes and meeting fellow Celalettin Berberglu the master of felt weaving.

We will also participate as audience in the sema rituals (Whirling Dervishes) of Hz. Mevlana in the rose garden.

Registration fee: 250 TL



Location	Dates	TURKISH LIRA (₺)								
Istanbul	29th Aug	Stage I Unconference	Stay	Food	Workshop	Total Price	For the entire journey Tent + Intercity travelling 3600₺	For the entire journey Room + Intercity travelling 4050₺		
		Price	-	Your own	-	Free				
	31st Aug - 2nd Sept	Stage I Vaastu Shaastra	Stay	Food	Workshop	Total Price				
		Price	Your own	Your own	500₺	500₺				
Day bus and Ferry Travelling : 150₺										
Imbroz Island	5th Sept- 12th Sept	Stage II INB (Tent)	Accomodation	Food	Workshop	Total Price				
		Price	400₺	400₺	800₺	1600₺				
		Stage II INB (Room)	Accomodation	Food	Workshop	Total Price				
		Price	850₺	400₺	800₺	2050₺				
Over night ferry and bus Travelling : 200₺										
Cappadocia	13th Sept- 18th Sept	Stage III Cappadocia Dormitory	Accomodation	Food	Workshop	Total Price				
		Price	250₺	250₺	300₺	800₺				
Morning Bus Travelling : 100₺										
Konya	18th Sept- 19th Sept	Stage III Konya (Room)	Accomodation	Food	Workshop	Total Price				
		Price	150₺	your own	100₺	250₺				

LANGUAGE:

-Workshops will be in English and Turkish

HOW TO PARTICIPATE:

Participants can choose to be part of the whole journey or particular stages. Each stage has different experiences to offer varying from Spirituality - Architecture- Art. Please mention the stages you would like to be part of while registering.

DATES:

Registration: Open, Last date of registration:15th Aug
The journey starts on 29th August'19 morning with The unconference
And it will conclude on 20th September'19 morning.

TRAVEL:

-Intercity travelling costs have been included in the itinerary. Those who will be part of the whole journey the fee includes travelling costs.
-Incase participants are part of 2 of 3 stages please mention if your travelling arrangements need to be made.
- Participants have to arrange their own travel from place of residence to place of workshop.

FOOD:

-In Imbroz and Cappadocia food will be provided by Obaruhu. We believe in eco-living, so expect good homemade vegetarian food , vegetables and fruits which are mostly grown in or nearby farms.
-Food for some part of journey namely Istanbul and Konya participants can try the local restaurants. The cost of which needs to be borne by the participant.

ACCOMODATION:

-Istanbul: No accomodation facility by Obaruhu.
-Imbroz: Shared rooms / Tents
*Roomsshared between 2-3 participants per room
*Participants have to carry their own tent and gears
-Cappadocia: Dormitory
Will be accomodated in a Yurt Tents, participants have to carry their own sleeping bags
-Konya: Shared rooms
*Roomsshared between 2-3 participants per room

Registration: tiny.cc/z92i7y

Info: Obaruhu@gmail.com / +90 539 883 6100

WHO IS OBARUHU ?

OBARUHU is a community of natural builders, architects and artisans. Obaruhu is composed of two words Oba + Ruhu

" Oba " in tengri means tents / temporary shelter of a nomadic community living, travelling and sharing their life together and "Ruhu" means the spirit.

Obaruhu represents the spirit of the ever lively nomad tribe that keeps moving from one place to another in order to maintain the balance in nature outside and inside oneself.

Our intention is to work towards community oriented natural building.

www.obaruhu.org

obaruhu@gmail.com +91 7738258203



Mukund iyer (India) : Bio- architect by profession and a Social artist by passion. He believes that formal education taught him everything that he is not supposed to do in life, so he uses play as a medium to learn and educate. His learning comes from travelling and experiencing different cultures and mythological stories. His experience extends from transformative mobile architecture, community building, designing and facilitating element and cooperative games, training communities to build shelter with earth and straw building techniques. He journeys as a nomad doing hands on work and training locals to become self sufficient architects and builders. He is the founder of the art platform SOCHALAYA and Co- founder of architectural community OBARUHU . Through these he intends on bridging the gap between art and architecture via community participatory methodologies. Currently he is a Asst.Professor in Mumbai University and is writing a book on Intuitive Natural Building.

Instagram: @sochalaya

Merve Tekin (Turkey): She is the Co founder of architecture community OBARUHU, a caretaker and lover of earth. Since 2011 she is on a journey of becoming a bio-architect who tries to create energy efficient , sustainable and healthy spaces with unlimited flexibility of earth and with the power of oneness as community. Through her experiences she realizes that earth is the greatest healer and the spaces which have built by earth are showing the healing power of forms and materials around of us. Through the knowledge of Vaastu Shastra she found that what she is believed from her heart, were exist in ancient times. So she found her excitement of life and started to study more about yoga to understand and feel the unique human body. So she can be a better medium to give shapes to the spaces that we need as human beings. She believes that we can create our own realities in this limitless universe. So let us come together and create the life we are seeking for.

Instagram: @meru_obaruhu



THUMB IMPRESSIONS COLLABORATIVE (TIC)

TiC is a group of five individuals having background in Architecture, Engineering, Urban design & planning and photography. The practice attempts to break the stereotypical hierarchy model of architecture practice and brings artisans and designers alike on the discussion table as well as practical workfront. This model is fuelled by huge enthusiasm to work with hand and understand materials be it natural materials or otherwise. Though our most loved materials are Bamboo, Earth and Lime, we also like to keep ourselves open to other materials and technology to bring out the most optimum and appropriate design solutions for various contexts. TiC has involved itself from rural vernacular housing to Urban high end housing. We are also currently working on an entire institutional campus made using alternate and appropriate technologies utilising the local tribal youth and local materials.

Manu Narendran (India): He is the co-founder of TiC and the Execution and R&D head. His enthusiasm to working with hands has lead him to a thorough understanding of various materials. Though still learning and absorbing, he holds great understanding and experience in lime based plasters from morocco and Italy, by doing and practicing himself. He believes in doing and failing, so as to learn more about any material behaviour. He is currently in an exciting phase of learning, experimenting and practicing various kinds of lime and earthen plasters, which he is more than willing to share with others as well.

Instagram: @thumbimpressions.collaborative



TEZEKEVLERI

TezekEvleri Campus is a project started in 2015 with Aysun and Mehmet Sökmen on the Gündönümü Farm in Silivri/Istanbul. After the initial project of building a bathroom (earthbags + slip straw) and 3 natural shelters (a load-bearing straw-bale one, a wooden frame slip-straw one and a load bearing mud brick one) through workshops, the TezekEvleri project has been transformed into an education Campus on natural construction. The Campus is now hosting courses on natural construction, practical trainings during WE on specific topics (tadelakt, bread oven, finish plasters, rocket stove...) and 5 days to 10 days workshops to discover the art of natural buildings and its main techniques. It is also working as a platform to research and experiment on natural materials and using the outcome of these researches to build better buildings.

Matthieu (France) is an architect and natural builder specialized in wood straw and earth construction. After graduated from architecture in France, he has been travelling to learn about ecological construction in Europe. Since 2012 he is living with his wife Ece in Turkey and they have started to research on natural materials such as earth plaster, straw-bale systems and slip-straw as well as advising builders and architects and usage of natural materials. Alongside his counselling work, he is continuing a PhD on earthen plasters in METU. He has been teaching in several natural building workshops, especially in Kerkenes Eco-center (with architecture students of METU) and Yeniden Toprak. He is the co-founder with Aysun

Sökmen of the TezekEvleri Campus where he is organising technical workshops and trainings for professional builders on the usage of natural materials. Instagram: @Tezekevleri



Chandana Reddy (India) is a student and graduate of architecture from Chennai, South India, currently involved with research work on Vaastu with Rithambhara Ashram and exploring different mediums besides architecture to connect to Indian wisdom and the larger collective wisdom. Her areas of interest lie where spirituality, art, architecture & social change meet. She particularly enjoys working with communities and have gained a lot from her past work experiences with communities of migrant workers in Chennai, rural women of Shradhanjali, Auroville, the architecture community in Auroville and Dharmalaya, Himachal Pradesh; and art educators in Chennai. She is looking forward to create more spaces or communities of learning and sharing, where we can help raise 'collective consciousness'. She is also a student of Yoga, Pranic healing and Odissi. Her everyday realisation is that we are multidimensional beings and forever students of Life.

www.rithambara.org



Alper Akçay is Sacred - Ritual Dancer, Body Therapist and Medicinal Movement Instructor from Turkey, Istanbul. Recently he lives at Fethiye. Performing local and international stages, festival and projects. Collaborating with different artists specially musicians all around the world. Recently he works with Turkish rock singer Hayko Cepkin. Giving and collaborating on heart centric workshops about Creative and Healing Movements, Anatolian-Central Asian Sacred Dances, Meditative and Circle Peace Dances. He practiced on Skinner Releasing Technique, Japanese Butoh Dance and many Improvisational Contemporary Movements and Dance as well. Recently he became a Middle Eastern dance leader on Dances of Universal Peace. He is a member of Unesco International Dance Council CID. He is walking on Sufism and Tasavvuf (Islamic mysticism) path and practicing Mawlawi Sema and Alevi - Bektashi Semah around 15 years.

www.alperakcay.com





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