

# The B.M.C. LAB

## Breath. Move. Create.

Every 3rd Sunday from 10.00-16.00  
at LiSA Multiraum and  
Atelier Briant Rokyta  
Maria Tusch Straße 8/1/43  
1220 Wien Seestadt

In our function-oriented society, one's own being often is forgotten.

The B.M.C. LAB offers space, time and support to move from "Human Doing" - mode into "Human Being" - mode.

Creativity is an important companion, it brings us to the right brain, into purpose-free game and joy to experience oneself.

We start in the morning, **from 10.00-12.00** with **Quantum Light Breath** from **Jeru Kabbal**. This one-hour breathing exercise is invigorating, inspiring and supports you to get in contact with yourself. After that we **dance for 1 hour** to DJ Briantinis music. The morning session takes place in the **Multiraum of Wohngemeinschaft LiSA** and is free of charge.

In the afternoon **from 13.00-16.00** the **PAINTING LAB** opens at **Briant Rokytas studio**. The **PAINTING LAB** is about creative expression, painting, drawing, writing, etc. We focus on individual, authentic unfolding. The participants will learn different techniques, tips and tricks to handle various art materials.

No previous knowledge is required. Prices for the **PAINTING LAB**: 2 participants: € 45.- / per person; 3 participants: € 35.- / p.P.; 4 and more participants € 30 / p.P. Artist supplies are not included. Art materials are available in the studio for additional costs, you can also bring your own material, then there are no additional costs.

Please register until 1 week before the next B.M.C. LAB: [briantrokyta@gmail.com](mailto:briantrokyta@gmail.com)

More info: [www.briantrokyta.com](http://www.briantrokyta.com)



„Kreativität ist Intelligenz, die Spaß hat.“  
Albert Einstein