



an ecofeminist afternoon

event programme



26 AUGUST 2023

MOOS HALL - Moosdorfstrasse 7- 9, 12435 Berlin



12.00 - 13:30

Hatha Yoga And Breathwork

BY CANELLE, YOGA TEACHER

Movement is key to activism: to move and make things move. But without care, it can also become heavy and exhausting. To start our beautiful ecofeminist afternoon, we will focus on movement on a more conscious and mindful level, we will canalise the energy and (re)connect.

The class is accessible to all, is based on a feminist approach and takes current political realities that surround us into account. Join us and let us take care of you!

Please bring a yoga mat if you have one.

Participation limited to 25 people.

WORKSHOP IN ENGLISH



12.00 - 15:00

Climate Fresk - Workshop

BY THE CLIMATE FRESK ORGANISATION

You can't fix what you don't understand. Luckily, the Climate Fresk turns climate science into a game!

Played by over 1M people worldwide, this collaborative workshop allows you to understand the essential issues of climate change in order to take action.

Based on the IPCC report, you'll learn how the climate functions - as well as the consequences of its disruption. Whether you're a novice or an expert, you'll learn a lot in just three hours.

Participation limited to 20 people.

WORKSHOP IN ENGLISH



15:00 - 16:30

Self-Defence Techniques For FLINTA*

BY CANELLE, BLACK BELT IN KARATE

FLINTA* are most affected by gender-based violence and defending oneself can be challenging. This workshop aims to teach some simple self-defence techniques to give precious tools to react in fearful situations but also to help build confidence in the body and its abilities.

Participation limited to 16 people.

WORKSHOP IN ENGLISH

15:30 - 16:30

Voices4Berlin: The State Of Queerness

BY ÖZGÜL DEMIRALP, JOURNALIST

Is Berlin a safe haven for the queer community? What's the experience of queerness in the German capital? Is queer activism intersectional enough?

Join the conversation with Voices4 Berlin, an inclusive non-violent direct action group of LGBTQIA+ individuals for queer liberation.

CONFERENCE IN ENGLISH

13:30 - 15:30

The Earth, Emotions And Me - Workshop On Eco-Anxiety

BY NINA, PSYCHOTHERAPIST AND DANCE THERAPIST AND LAURINE, SHATSU PRACTITIONER

What is your emotional relationship to the earth? How do you feel when confronted with its suffering?

In this workshop we will explore these questions, sharing with each other deeper layers of emotions, as sadness, anger or grief.

We will use two concepts to help us determine where we are positioning ourselves: the Truth mandala by Joanna Macy and the Karpman triangles (victim, savior, perpetrator framework)

While we start our exploration with words, we will continue by using movement and voice to express and share what touches and moves us

Warning:

If you are not currently comfortable exploring deeper emotions and embodiments, this might not be your space for now

Participation limited to 15 people.

WORKSHOP IN ENGLISH



16:45 - 17:45

Low Carbon Travel: How To Do It And Why It Can Be Fun!

BY FANNY STEYER, JOURNALIST

If you want to reduce your environmental impact and explore Europe in a more sustainable way but don't know where to start, this workshop will be perfect for you! We'll talk about night trains, trains, ferries, and even sailboats.

The workshop will explore the new possibilities given by low carbon travel: more time to meet new people on your trip, beautiful landscapes, travels with several stops to explore different places and experience different cultures along the way.

WORKSHOP IN ENGLISH

16:45 – 17:45

Raise Your Voice

BY OMER EILAM, COMPOSITOR AND AUTHOR

How can we take part in a larger group while still being connected to our inner self?

In this workshop by way of different musical games each person is invited to connect to their inner voice (literally, through sound) and harmonise with the sound of the group in a process that builds trust, creativity and empowerment.

www.omereilam.com



WORKSHOP IN ENGLISH

17:45 – 19:15

Breath And Self Massage

BY LUCAS, THERAPIST AND JOANNA, BREATH COACH

Lucas is a Massage Therapist, Joanna is a Breath Coach, and together they will guide you through an engaging session that explores the connection between the nervous system, stress, and relaxation. You will gain a deeper understanding of how stress affects the body and learn practical tools to manage it.

Beginners welcome - no previous experience or knowledge is required.

What you will get from this workshop:

- Understand the connection between the nervous system, stress, and relaxation
- Experience different conscious breathing techniques
- Learn self-massage techniques to release tension and promote relaxation
- Increase body awareness, to self-soothe and calm down

The workshop is designed to be interactive and experiential, allowing you to practice the techniques in a supportive environment. By the end of the workshop, you will have a toolbox of relaxation tools that you can easily integrate into your daily life, helping you manage stress and enhance your well-being.

The workshop will last around 1 hour (please be flexible for the end time). Please arrive 5-10 minutes before the start, so that we can start on time.

Bring a yoga mat, your water bottle, comfortable warm clothes, and a blanket as it might get colder as the sun slowly sets.

WORKSHOP IN ENGLISH

12:00 – 17:00

Comets Workshop For Children

BY SYLVAINNE, RECLAIM MEMBER

Children can join and build their own comet from second-hand fabric! In the process, they'll discover inspiring stories of people who have harmoniously coexisted with nature, utilising resources judiciously and using only what they need.

Everybody can use their skills and have a place on the tribe.

WORKSHOP IN GERMAN & FRENCH

19:15 – 20:15

„Limits Of Life – The Planetary Boundaries Of Our Health“

BY PROF. DR. SUSANNE KOCH, SCIENTIST REBELLION

Within recent decades, we have exceeded planetary boundaries within the Earth System in different areas (Rockström, Safe and Just Earth System Boundaries, Nature 2023). The question arises to what extent this will impact our health and survival on earth? Especially the exponential use of fossil fuels has tremendous impact on our health already today by causing heat waves, air pollution and plastic pollution.

Prof. Dr. Susanne Koch (Southern University Denmark / Charter) will give an overview and discuss these issues in her lecture with you.

CONFERENCE IN ENGLISH

18:00 – 19:15

Food Revolution: Telling The Story Of Another World, Another Food Through Ecofeminist Podcasts

BY EMILIE LANGLADE, JOURNALIST, PODCAST-MAKER AND ACTIVIST

Seven women from around the world take us on a journey of sound, taste and emotion to lands in struggle. In their own way, they are cultivating a different relationship with the land, for fairer food, and making us aware that eating is a political act.

The testimonies of these women in resistance on four continents evoke the appropriation of indigenous peasant lands, the industrialisation of food in laboratories, the preservation of biodiversity, and cooking as a tool of pacifist rebellion and feminist emancipation.

The podcast "Food revolution" tells the story of a desirable, possible and accessible future through stories that make women visible and combat the fatality of destructive systems.

CONFERENCE IN GERMAN

Vegan food will be available





We are **Reclaim - Ecofeminist Alliance**, a Berlin-based organisation created in January 2023.

Reclaim means recovering and rehabilitating what has been taken away from us. We want to reinvent the ecosystems that surround us, in a truly intersectional manner.

Our approach is plural and involves political action, art, literature, dialogue and more to foster holistic and structural change - so is the essence of ecofeminism!

We believe in projects that connect us with local communities and empower marginalised voices.

Reclaim collects sanitary products for FLINTA* people living in precarity!

Bring sanitary pads, underwear and deodorant and we will collect them and bring them to associations helping FLINTA* people living in precarious conditions.

contact@reclaim-ecofeministalliance.org