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WORKSHOPS @ WHAREPUKE

Workshop 1 : Earth Justice

Join us for a workshop of hand-collected flower essences, tinctures and teas, while we discuss how to work with nature in integrity, offering perspectives on how we can work with nature's resources sustainably without depleting the source. We ask the question : what can we as humans do, in order to help the garden grow? In what ways can we give back to nature, our all-providing source? How can we bring about justice for the earth, food justice and plant justice right here and now – in our own daily lives, and in powerful tangible ways? By asking these questions, we reclaim the right to act on behalf of the earth and to be empowered as her living voices.

If you have ever asked the question "What can I do?" or felt powerless, this artist session is a platform to develop intentions and positive affirmations with immediate impact and benefit to the environment around each person. We will discuss the rights of the earth, including the rights of species such as bees and the butterflies, and how conservation is our birthright and responsibility.

Monarch butterfly lovers will find information and guidance on protecting the species in NZ.

Discover the flower and plant archetypes of the Rainbow Alchemy Lab, their medicinal and mythical properties, and take a journey of inner alchemy as we swirl through the colour spectrum of the Rainbow with a mindfulness meditation.

Workshop 2: Higher Sensory Perceptions

Be part of a ritual of nature's finest substances....

The intoxicating Frankincense, crumbling Myrrh, amongst incense and smoke, partake in ancient traditions of fragrant scent destined to heighten the senses to rapture. As the altar is lit and prepared for ceremony, comprised of elements of indigenous ancient earth-based cultures from India to Japan to New Zealand, a ritual space is commanded where participants are invited into the ceremony through resonance and vibration.

Through the language of ceremony, we will invite participants into a scent ritual to unlock their higher senses. By dropping a series of pure essential oils into hot water, participants are invited to "scent-bathe" by wafting the perfumed steam towards their noses. As in the Zen tea ceremony, each step is meticulously prepared. We will infuse up to 3 essential oils in this way, to demonstrate how to activate different parts of the brain (and emotions) through the power of smell. A final blend incorporating all 3 scents will be offered, to integrate the entire experience. Participants may then record their experiences through writing down their feelings and reactions, composing poetry or creating art based on their visions and ideas.