



KOKORO

The Heart of Stillness
for Stress Management


syngrity
TRANSFORMATION SOLUTIONS



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ABOUT KOKORO

Feeling tired? **Low on enthusiasm or motivation for the activity ahead?** Headaches, fatigue or very low energy levels? **Irritable and very quick to react? Feeling Anger or Rage?** Feeling persecuted or victimized? **Mouth dry, heart racing and throat choked up?** Depressed, feeling lonely or misunderstood?

All these symptoms are typical manifestations or indicators of stress that today's competitive living (whether due to personal or professional reasons) puts on an individual. **To address these symptoms of stress, Syngrity offers a unique and holistic approach to stress management via Kokoro** - an intervention based on using movement as a map to energize, revitalize and focus the senses. This Interactive workshop is designed to stimulate participant's ECQ drivers (emotional & creative intelligence) via an exploration into the following healing mediums:

- Tai Chi Chuan or Tai Ji Quan
- Chi Kung or Qi Gong
- Progressive Muscle Relaxation (PMR)
- Shamanic Dancing

The objective is to alter the individual's rigid reactions to their environment (the body's fight or flight syndrome) to a progressively fluid response. This intervention can be customized for a day-long session or for a minimum of two hours and is ideal for top and middle management who need to recognize and manage stress in order to lead self, others and businesses effectively.



ABOUT TAI CHI

Tai Chi Chuan, or Tai chi, is an ancient Chinese martial art believed to have been developed during the 13th Century Sung dynasty by a Taoist priest – Chang Seng Feng of the Wu Tang Mountain. IT literally means ‘The Grand Ultimate Fist’ or ‘The Grand Nothing’. One starts in the space of nothingness, or from the void, and through the practice of Tai Chi Chuan moves into the structure or form that is ‘Chuan’ (Chuan also means ‘fist’).

What is so unique about Tai Chi is that anyone, young and old alike, can practice it without the usual restrictions of age, sex and space so common to other disciplines. The movements are practiced slowly, softly and at a pace comfortable to the individual. The specific series of movements that gently flow into each other are known as ‘Tai Chi Forms’ and the movements are tranquil and dance-like in nature.

The primary focus in the practice of Tai Chi is the breath. Breathing from the belly and drawing the life force throughout the whole body. By breathing deeping and gently in combination with outer activity, the ‘breath- mind-body’ connection is forged, bringing about an inner calmness and an awakening of consciousness.



ABOUT TAI CHI

- It is a technique of organised harmonious forms. A continuity of actions where each movement evolves from the previous one and motivates the next - a balance and merging of mental and physical coordination.
- As a health cure it serves as a remedy for high and low blood pressure, anaemia joint diseases, asthma, gastric disturbances, cardiovascular and cardiopulmonary disorders to name but a few.
- It is not a style of dance, but is dance of the self and while strictly speaking it is not a performing art, its principles and concepts are applicable to every aspect of the performing arts.
- It is a devastatingly potent martial art and yet as a martial system, is quite unique.
- As exercise, it increases the blood circulation and activity of the glands, nourishes and strengthens the muscles, facilitates joint action, stimulates the nervous system, increases blood capacity remarkably and is used as a cure for breathing disorders...all this without placing undue stress on the heart.
- As a meditative or calming activity the movements, circular, soft and continuous in nature, naturally calm the spirit and still the temperament. It is swimming on dry land.

ABOUT QI GONG

This is the branch of Chinese healing disciplines of which Tai Chi is a subset. The term Qi Gong literally translates as 'training with breath or energy'. Using both static and dynamic postures to stimulate, energise and strengthen the overall system, Qi Gong is an extremely practical and simple method of self-healing. On a basic level, it aims to simulate, harness and focus the growth and flow of 'Chi'. Chi is the basic energy, or vital essence inherent in all living organisms.



ABOUT PROGRESSIVE MUSCLE RELAXATION (PMR)

As the term implies, PMR is similar to a form of meditation. It involves progressively getting in touch mentally and emotionally with each muscular part of the body – visualising it, tensing it and relaxing it. The tensing and relaxation bring about a tremendous release of stress and a feeling of wellbeing with the desired result of enhanced blood circulation and organ functioning, as well as rejuvenation and re-energising of the muscular system.





ABOUT SHAMANIC DANCING

Using movement as a medium to discover oneself, to shed skin and to overcome blocks. In this instance, movement does not mean movement belonging to any particular style or discipline, but organic movement that originates from deep within. The key to wisdom lies within the body and not outside, so discovering the rhythms and the senses inherent in one's own unique movement is indeed 'Dancing your Senses'.



MEET THE FACILITATOR - RASHID ANSARI

Rashid Ansari (b.1958) is a practitioner and teacher in the performing arts, martial arts, and various mind-body Wellness integrated disciplines. He holds numerous Black Belts and Master Instructor Accreditation in multiple Martial Arts (6th Dan Black Belt in Judo, 5th Dan in Tae Kwon Do, 4th Dan in Ken jitsu, 2nd Dan in Hakkyu Ryu Jiu Jitsu and Daiti Ryu Aikijutsu, Master Instructor in Tai Ji Quan, Hsing I, Ba Gua. He is an international master instructor in Chinese, Japanese, and Korean martial arts as well as a contemporary and modern dance instructor and choreographer. He has delved deeply into Physical Theatre and Theatre Movement, both as a practitioner and a teacher/facilitator. Has taught UAC (Unarmed Combat) to the Armed Forces, and Police Departments both in India and around the globe. Rashid was a Movement/Tai Chi Chuan Teacher for several years at the National School Of Drama.

He founded and is the artistic director of Mobius Strip - a dance theatre performing company and Earth Rhythms - a world music ensemble playing acoustic and ethnic musical instruments. He is also a fire dancer and a didgeridoo player and maker and performs as an actor and dancer. As a teacher of the performing arts, Rashid has endeavored to integrate the diverse range of disciplines he practices, to create a methodology integrating them all. He has developed a vocabulary using movement and dance as a medium, the human body as a motif and a pathway to find, express and create.

He has been a senior facilitator specializing in Public Speaking and Self Empowerment. He has conducted the Personality Development, Public Speaking, and Self Empowerment Program for the Elite School of Modelling in Delhi for a number of years. His varied skills also keep him much in demand as a workshop coordinator who specializes in physicality and voice/ communication with various corporate and media institutions. As a practitioner, Rashid has performed, directed, and choreographed dance theatre and dance pieces both abroad and nationally for various well-known dance companies and individual directors, adding numerous and varied performances to his credit.

Since 2020, Rashid has also been heading Mazdoor Kitchen, an initiative that provides food and other sustenance to the working classes in Northern Delhi.



MEET THE FACILITATOR - VIKRAM BADHWAR

Vikram has been involved with martial and energy systems for almost ten years. His journey into understanding the body and its related functions launched with his practice in the South Korean martial system of Taekwondo, which allowed him to compete as a member of the national team throughout the country.

In discovering theatre and movement with Rashid Ansari and his theatre group, The Mobius Strip, Vikram learnt about and furthered his investigation into the unearthing and channelling of the interconnected energy and power of the human body. Through his practices and activity with the Mobius Strip and in using aspects of movement based performances including contemporary jazz and ballet, Vikram delved deeper into his studies, tapping into the flow of energy and emotions.

Today Vikram continues to work at freeing the fluidity of body with music and movement and uses his experiences in imparting communication training. Vikram also practices Falun Dafa - a Chinese energy cultivation system, reflexology and kickboxing and aims to further his exploration into the diverse variety of martial and energy systems in order to broaden his knowledge and experience with the extraordinary magic the human body is capable of creating.



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