

# Poetry and Yoga Retreat



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Mompox, Colombia July 12 to 16, 2021

The Fundación Casa Taller El Boga is organising a hybrid poetry and yoga workshop. Participants can register for only one aspect of the workshop, yoga or poetry, if they prefer. We propose to spend a week in a restorative space, Casa El Boga, in an unparalleled town, Mompox, guided by experts in their crafts, yoga and poetry, and in the company of other participants who love poetry and/or yoga and are dedicated to the arts and creativity.

The poetry workshop will be led by Yirama Castaño, and will be in Spanish. Participants will be able to write in their own languages, but a basic knowledge of Spanish is required. The yoga sessions will be led by instructors Ezgi Gungor (Australian) and Jean Amaya Gómez (Colombian). The sessions given by Ezgi will be in English.

Our venue, the Casa El Boga, is a cultural centre and artistic residence. The vocation of El Boga is to generate exchange and learning between locals and visitors through art and crafts in a space of coexistence conducive to growth and relaxation. The project is carried out in Mompox, declared a world heritage site by UNESCO, a unique place for its beauty and history. (Check out the video on our website)

The workshop is an opportunity to create and share art with the community and will end with a public reading of poetry by the participants. There will also be yoga sessions open to the Momposino public.

With the interest of promoting Mompox' craftwork, we will facilitate experimental activities in the trades of pottery and ceramics, filigree, and forging. Likewise, our chef will offer courses in Mompox' gastronomy and will cook several dinners with and for the participants.

## Cost of participation

The cost of participation is €260 (regardless of whether you participate in one or both of the workshop's tracks). This amount covers accommodation in shared rooms at Casa El Boga or in an establishment of similar quality (arrival from July 11, 2021, departure on July 17), classes and two meals a day (breakfast and lunch).

Savings account Bancolombia  
No. 748-000006-51, (Swift COLOCOBM)  
Account name: El Boga



# Poetic Cartography of Santacruz de Mompox

Under the guidance of Colombian poet Yirama Castaño and in Spanish, we will read and write poetry for a week. The daily sessions will begin after the yoga session with selected readings from authors from the region, including: Candelario Obeso, Raúl Gómez Jattín, Meira del Mar, Beatriz Vanegas Athías, Tallulah Flores, Giovanni Quessep, Patricia Iriarte, Miguel Angel López, Rómulo Bustos and Gabriel García Márquez.

The aim of the workshop will be for each participant, on the basis of their readings, interpretations of the authors' poetics, observations, perceptions, experiences and explorations, to contribute to the construction of a collective sound, visual and sensory map of Mompox, based on the body, the river, the sounds and the images of its journey. These contributions will be translated into verses, stories or texts that will make up a collective poem and/or several individual ones, according to the production of the participants.

## Yirama Castaño Güiza

### Instructor

Yirama Castaño Güiza. Born in Socorro, Santander, Colombia. Poet, journalist and editor. She participated in the creation of the Magazine and the Fundación Común Presencia. She is a member of the Advisory Committee of the International Meeting of Women Poets in Cereté, Córdoba. Her poems have been translated and published in the media in Colombia and abroad. She has participated in the most important Poetry Festivals in Colombia and in international writers' meetings.

### Published books of poetry:

El Sueño de la Otra, Ediciones El Humo, Mexico, 2019. Second Edition. -Corps avant l'oubli, Cuerpos antes del olvido (Yirama Castaño, Stéphane Chaumet and Aleyda Quevedo), Ediciones de la Línea Imaginaria, Ecuador, 2016 -Poems of Love (Yirama Castaño, Josefa Parra), Ediciones Corazón de Mango, 2016. -Malabar en el abismo, Anthology, Common Presence Publishers, Colección los Conjurados, 2012. -Memoria de apprentice, Común Presencia Editores, Colección Los Conjurados, 2011. -El sueño de la otra, Colección Prometeo Serie Hipnos, 1997, First Edition. Garden of Shadows, 1994. Moon Shipwreck, 1990. -

### More recent anthologies:

Birds of Shadow, 17 Colombian Poets, Vaso Roto editions. 2019. The Word I Remains, Anthology of Current Colombian Poets. Ediciones La Palma, eMe Collection, Spain, 2018. -Poetic Anthology Ventre de Lumière, Vientres de luz, 14 Colombian poets + Jattín, Uniediciones, Ladrones del Tiempo Collection, 2017.



## Yoga Retreat

A yoga retreat is an unparalleled nourishing restoration. It is an opportunity to harmonize with nature, body and mind as a way to recharge and support one's inner reservoir. We will practice yoga twice a day, once in the morning and once in the afternoon. Yoga will be suitable for all levels of practitioners, new practitioners as well as consecrated ones are welcome.

The morning classes will be Vinyasa-based practices, with breathing movements that will awaken, energize and strengthen the body. We will close the mornings with a meditation practice. The afternoon classes will soften the rhythm with a flow and restoration class incorporating a gentle flow of asanas with restorative postures, meditation and pranayama (breathing practices). Some evenings, we will slow down completely with Yin Yoga and a Nidra class to surrender to relaxation.

## Ezgi Gungor



Ezgi Gungor is a yoga practitioner and contemporary dance artist. She began dancing at her parents' dining room table and followed a professional career as a contemporary dancer and choreographer. The body and movement have always been a door to expression and creativity for Ezgi. By the time she finished her 200-hour yoga teacher training, yoga had become the bridge between mind, body and self-expression.

## Jean Amaya



Jean Amaya Gómez Actor and dancer graduated from the Teatro Libre school and spent two semesters at the Escuela Casa del teatro nacional. From a young age he began his exploration of the self, thanks to his parents, at the age of eight he receives his first class. From that moment on he decides to explore, cleanse and heal his mind and body through the practice of yoga and meditation. Upon his arrival in Bogota, he took several courses at various renowned institutes in the city, experiencing hatha yoga, ashtanga yoga, and vinyasa yoga. After his training he embarked on his path of Karma Yoga or service. He has shared his practice since 2011 working in Cooptraiss, HappyYoga Galerías, Happy Yoga Cedritos, Lovely Yoga, Raices Yoga, Yoga Tierra, Neutra Vienestra and Prana Yoga giving classes in hatha, vinyasa, ashtanga, therapeutic yoga, kundalini yoga and pilates. Jean is currently in Kundalini Yoga training at HappyYoga in Bogotá. Jean is a lover of life, love

