

get out of the neocortex

a poetry & kundalini experiment

with Yvo Kaufmann, Jule Roschlau, Maria Seisenbacher

"get out of the neocortex" is an experiment with and for all people who want to engage in a process through presence: Movement, voice and mind.

Together with you, we want to detach ourselves from the conscious, controlled part of the brain (neocortex) and create a space outside of everyday communication and ways of thinking. For the first time, a Kundalini Yoga exercise session with Yvo Kaufmann, poems by Maria Seisenbacher and a stage design by Jule Roschlau will merge for this purpose.

When: August 17, 2025, 5:00 pm

Where: Garden at Riedstrasse 9

Bring: Blanket or yoga mat

Admission: 10 – 15€

Registration: by e-mail to maria.seisenbacher@gmx.at

Who: all generations, genders and bodies

Catering: a basic supply of food and drink is available (voluntary donation), you are also welcome to bring your own for sharing

Languages: German, English, easy language

Accessibility: the garden is barrier-free, unfortunately there are no barrier-free toilets on site.