

### ***Structures of existence***

Pulpudeva, Philippopolis, Trimontium, Puldin, Filibe and Plovdiv - this city in the south-eastern Balkans has seen many names and rulers over the millennia, but its appeal has remained unchanged. Even the Neolithic settlers appreciated the three hills and the river Maritsa. Later, Plovdiv became part of the Roman Empire and played an important role with its strategic location between Asia and Central Europe.

Ancient Philippopolis was a city of many gods, where Thracian, Greek and later Christian cults coexisted. Plovdiv's rich heritage continues to fascinate artists to this day, and every era has left its mark on the cityscape, like a mosaic of contrasts forming a unified picture.

In the center of the city, the long history unfolds as a multi-layered sculptural picture: under the shopping street are the remains of the Roman station and forum, on the hill the amphitheater opens up the view over the pulsating modern city. Neolithic monuments of ancient settlements complete the landscape of the Renaissance city.

### ***Art meets art therapy***

The art therapist Avgustina Stanoeva and the artist Ana Pireva invite you to creatively explore the atmosphere and landscape of Plovdiv. The two will guide you through the cityscape with an imaginative program. This includes visits to the old town, the amphitheater, the Byzantine mosaics, Orthodox churches and more.

Together we will discover artistic traces, structures and patterns in every layer of history and be inspired by architecture, culture and people. We collect imprints, Cyrillic scripts, photos and drawings. The week ends with an exhibition of the resulting artworks. Individual study is combined with group work, artistic techniques are applied together with art-therapeutic methods in order to promote exchange within the group, the interplay between inside and outside and the conscious reflection level of the processes.

Avgustina and Ana are organizing a creative workshop *Structures of existence* in Plovdiv, Bulgaria, from Monday, 28 April to Saturday, 3 May 2025. The workshop is intended to bring new inspiration into the participants' own practice and promote an exchange between artists and art therapists. If you are interested in participating, please contact the Association of the Bulgarian Art Therapists: [info@bulgarian-art-therapists.com](mailto:info@bulgarian-art-therapists.com)