

Co-Creation Retreat Living With and Through Vulnerability

With **patients, caregivers and students in medicine, philosophy and the arts** and **Corinne Pelluchon**

Monastery Peristeras, June 1st, 2025 (9.30-18.00)

Inspired by Corinne Pelluchon's work on ethics, ecology, and vulnerability, we co-create meaning, images, and gestures that express what it means to live, care, and be vulnerable — together. The Retreat is a living space of shared presence — where those who live with illness, those preparing to care for others, and those who give form to experience through art come together.

The aim is to co-create a collective artwork and ethical reflection that makes vulnerability visible and dignified and foster meaningful, mutual exchange among patients, students, and philosophers.

This one-day retreat is not a performance or a product. It is a shared act of presence, rooted in the belief that from vulnerability emerges wisdom, and from art, ethical connection.



P R O G R A M M E

9:30-10:00 Welcome & Grounding

- Introduction of participants & purpose
- Shared agreements:

Confidentiality, mutual respect, no fixing

- Gentle grounding exercise or short silent moment together

We are here not as patients, students, or artists, but as people meeting across experience, time, and care

10:00-10:45 Keynote Conversation with Corinne Pelluchon

Ethics of Vulnerability: Listening, Living, Creating

A short philosophical reflection followed by open dialogue.

What does it change to take corporeality and especially vulnerability seriously?

What can illness and suffering teach us about being human?

10:45-12:30 Dialogue Circles

Mixed groups (patients, med students, art students) share personal experiences or reflections using this prompt:

What has illness, care, or fragility taught you?

Each group is gently facilitated.

We invite presence over performance. The suffering of others is often as instructive — or more — than our own.

Participants may also express thoughts through sketching or writing as they listen.

12:30-13:30 - Shared lunch

13:30-15:30 Co-Creation Workshop: Making Vulnerability Visible

Facilitated by art mentors and creative guides: Remember that vulnerability is not only fragility and it is not only personal. Participants choose one of these collaborative artistic pathways:

- **Visual mural / collage:** Symbolic representations of care and fragility
- **Story-to-image:** Transforming shared stories into drawings
- **Embodied movement / gesture mapping:** Exploring how vulnerability feels in the body
- **Poetry & voice:** Writing or performing lived truths together

Art students act as creative companions — supporting expression, not directing it. All contributions are valued.

15:30-16:30 - Sharing Circle

Each group presents their work:

- *What does it express?*
- *What questions or truths emerged?*

Corinne Pelluchon responds and weaves in ethical insight:

How can art give shape to invisible experiences?

What does this tell us about how we care, relate, and live?

16:30-17:30 - Manifesto Moment: The Ethics of the Living

Together, the full group co-writes 5-7 short ethical principles or reflections, inspired by the day's stories and artworks.

Examples may include:

- *Care is listening beyond what is said*
- *Vulnerability is a strength that binds us*
- *Art makes dignity visible*

17:30-18:00 - Closing Ritual & Reflection

- **Quiet sharing:** "What do I take with me from this day?"
- **Group gesture:** placing stones, lighting candles, or forming a circle of linked drawings
- **Closing words by Pelluchon** and a participant representative

Retreat Outputs

- A **collective visual/poetic artwork** to be exhibited or photographed
- A **short illustrated manifesto** co-written by all (PDF or poster)
- Participants' reflections compiled into a **small zine or digital gallery**

*Role of Art Students

- Co-creators, not observers
- Support participants in expressing stories or emotions through form, color, image
- Help translate abstract feelings into shared creative language
- Work collaboratively, not prescriptively - follow the pace and intention of each participant