

# BIRKA HISTORICAL TATTOO FEST

## WORKSHOPS JUNE 4

### **NATURAL VOCAL EXPRESSION; A BEGINNING**

This is a prelude, a dip of the toes into the waters of your natural vocal expression. It is not mainly aimed at vocalists, although vocalists are welcome too. There will be techniques for un layering the voice and reconnecting it to your inner self, unlearning the pressure surrounding singing and relearning to let it be a true and free expression. Think of it more like an active meditation, rather than a performance.

**Date & Time:** Thursday, June 4 (13:00–14:00)

**Meeting Point:** Outside the museum

**Lecturers:** Merlin (@Holltrassel)

**Price:** Gift based or 200 SEK (Swish/PayPal/Cash)

**Registration:** Email [holltrassel@gmail.com](mailto:holltrassel@gmail.com) or DM @Holltrassel. Registration is binding.



### **ARPI - ANCIENT SYMBOLOGY THE CHAKANA, A DECOLONIZED MINDSET & SPIRITUAL BYPASSING**

ARPI is a transformative method reconnecting you with your ancestral roots, using Andean symbology, breathing techniques, and personal growth tools. No experience is needed. No performance. No guru dynamic. This is a space to meet yourself as you are. Join for one day or all three.

**Date & Time:** Thursday, June 4 (14:00–16:00)

**Meeting Point:** Outside the museum

**Lecturers:** Nicolas Chaka Schipper Pérez (@schippermusik)

**Price:** €49 per workshop/€49 for all three

**Registration:** [www.arpisharing.com/birkatattooofestival](http://www.arpisharing.com/birkatattooofestival)



# BIRKA HISTORICAL TATTOO FEST

## WORKSHOPS JUNE 5

### **ARPI - BREATHIN RECONNECTING THROUGH BREATH**

ARPI is a transformative method reconnecting you with your ancestral roots, using Andean symbology, breathing techniques, and personal growth tools. No experience is needed. No performance. No guru dynamic. This is a space to meet yourself as you are. Join for one day or all three.

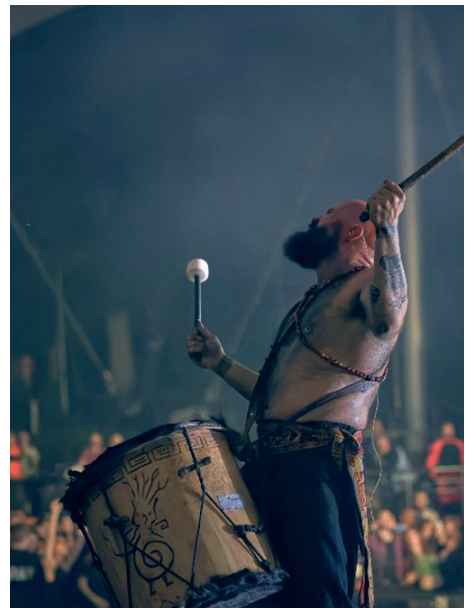
**Date & Time:** Friday, June 5 (10:00–12:00)

**Meeting Point:** Outside the museum

**Lecturers:** Nicolas Chaka Schipper Pérez (@schippermusik)

**Price:** €49 per workshop/€49 for all three

**Registration:** [www.arpisharing.com/birkatattooofestival](http://www.arpisharing.com/birkatattooofestival)



### **BASIC SPRANG WORKSHOP**

Try one of the oldest known textile techniques. Sprang was used in hairnets since the Bronze Age. You can also make bags or other small stretchy objects. Frame and yarn included.

**Date & Time:** Friday, June 5 (10:00–12:00)

**Meeting Point:** Outside the museum

**Lecturers:** Sofia (@Vikingspired)

**Price:** €50 (Swish/Paypal/Cash)

**Registration:** Email [sofiaholmer@yahoo.com](mailto:sofiaholmer@yahoo.com).  
Registration is binding.



# BIRKA HISTORICAL TATTOO FEST

## WORKSHOPS JUNE 5

### CONNECTING THROUGH ARCHAIC BALTIC CHANTING

In this experiential circle, using voice, rhythm, movement, and deep listening, we will chant sutartinės together, diving into a strong sense of grounding and shared collective pulse. Participants will leave feeling rooted and deeply connected through sound - woven into a living thread of ancient melodies and rhythms. No previous singing experience required.

**Date & Time:** Friday, June 5 (13:00–14:00)

**Meeting Point:** Outside the museum

**Lecturers:** @ninehornedelk\_

**Price:** Contribution based (Swish/PayPal/Cash)

**Registration:** By email to devyniarag@gmail.com.  
Deadline May 31. Registration is binding.



### RAN'S CAULDRON (SAUNA WORKSHOP)

Join us for workshops in sauna that blend aromatherapy and traditional sauna techniques with Nordic animism and herbal lore. Asta and Albert will lead you through an hour-long session focusing on breathwork, herbal infusions for sauna and the traditional folklore and techniques of the sauna and its many spirits. Bring your own towel.

**Date & Time:** Friday, June 5 (13:00–14:30)

**Meeting Point:** Outside the museum

**Lecturers:** Albert and Asta

**Price:** 250 SEK

**Registration:** Email pellarcrafts@outlook.com



# BIRKA HISTORICAL TATTOO FEST

## WORKSHOPS JUNE 5

### **GLÖDĞANG – THE FIREWALK ON BIRKA**

Firewalking is an ancient way to connect with fire, test your limits, and strengthen group bonds. Prepare and light your own sacred fire before safely walking over glowing coals! You will leave this experience as a firewalker, and maybe carrying with you a small yet powerful symbol - traditionally tattooed by any artist on the festival (the tattoo is not included in this event)

**Date & Time:** Friday, June 5 (15:30–17:30)

**Meeting Point:** Outside the museum

**Lecturers:** Ansgar (@wildnistage) & Lukas (@ancientskin.tattoo)

**Price:** 250 SEK

**Registration:** [www.glödgang.com](http://www.glödgang.com)



### **FROM CALL TO GROWL: RECLAIM YOUR VOICE**

In this workshop you will work with two ancient forms of vocal expression: kulning and grunting. Though very different in sound, both styles ask the same thing: to take up space and let your voice be heard without holding back. In this workshop you will explore the full range of the voice and learn the value in shapeshifting through sound. No singing experience is needed, only curiosity!

**Date & Time:** Friday, June 5 (16:00–17:15)

**Meeting Point:** Outside the museum

**Lecturers:** Micky Huijsmans (@mickyhex)

**Price:** 250 SEK (Swish/Cash)

**Registration:** Email to [mickyhuijsmans@gmail.com](mailto:mickyhuijsmans@gmail.com).  
Deadline June 3. Registration is binding.



# BIRKA HISTORICAL TATTOO FEST

## WORKSHOPS JUNE 6

### **ARPI - SURUNA BREAKING INTERNAL BLOCKS WITH DRUMS**

ARPI is a transformative method reconnecting you with your ancestral roots, using Andean symbology, breathing techniques, and personal growth tools. No experience is needed. No performance. No guru dynamic. This is a space to meet yourself as you are. Join for one day or all three.

**Date & Time:** Saturday, June 6 (10:00–12:00)

**Meeting Point:** Outside the museum

**Lecturers:** Nicolas Chaka Schipper Pérez (@schippermusik)

**Price:** €49 per workshop/€49 for all three

**Registration:** [www.arpisharing.com/birkatattooofestival](http://www.arpisharing.com/birkatattooofestival)



### **POSAMENT SCHLINGENSTICH**

In this workshop you will get the opportunity to try a posament technique called schlingenstich. The 3d silver plum shaped hat ornaments from bj581, the warrior woman's, grave was made in this technique. Another example where schlingenstich was used is the golden stag from bj 832.

**Date & Time:** Saturday, June 6 (10:00–12:00)

**Meeting Point:** Outside the museum

**Lecturers:** Sofia (@Vikingspired)

**Price:** €50 (Swish/PayPal/Cash)

**Registration:** Email to [sofiaholmer@yahoo.com](mailto:sofiaholmer@yahoo.com).  
Deadline May 6. Registration is binding.



# BIRKA HISTORICAL TATTOO FEST

## WORKSHOPS JUNE 6

### MAGIC OF THE PENDULUM

Pendulum divination is a sacred practice with roots reaching back more than 5,000 years, originating in the ancient lands of the Orient. For centuries, it has been used as a bridge between the physical and spiritual worlds. In this workshop, you'll create your own magical helper, a pendulum, as a sacred tool to support your spiritual path. Once our little treasures are finished, we'll hold a gratitude ceremony to activate and bless your pendulums.

**Date & Time:** Saturday, June 6 (13:00–approx.16:00)

**Meeting Point:** You'll receive via email

**Lecturers:** @ziholza

**Price:** €100 including materials (cash)

**Registration:** [www.arpisharing.com/birkatattooofestival](http://www.arpisharing.com/birkatattooofestival)



### RAN'S CAULDRON (SAUNA WORKSHOP)

Join us for workshops in sauna that blend aromatherapy and traditional sauna techniques with Nordic animism and herbal lore. Asta and Albert will lead you through an hour-long session focusing on breathwork, herbal infusions for sauna and the traditional folklore and techniques of the sauna and its many spirits. Bring your own towel.

**Date & Time:** Saturday, June 6 (13:00–14:30 and 16:00–17:30)

**Meeting Point:** Outside the museum

**Lecturers:** Albert and Asta

**Price:** 250 SEK

**Registration:** Email [pellarcrafts@outlook.com](mailto:pellarcrafts@outlook.com)



# BIRKA HISTORICAL TATTOO FEST

## WORKSHOPS JUNE 6

### GLÖDĞANG – THE FIREWALK ON BIRKA

Firewalking is an ancient way to connect with fire, test your limits, and strengthen group bonds. Prepare and light your own sacred fire before safely walking over glowing coals! You will leave this experience as a firewalker, and maybe carrying with you a small yet powerful symbol - traditionally tattooed by any artist on the festival (the tattoo is not included in this event)

**Date & Time:** Saturday June 6 (15:30–17:30)

**Meeting Point:** Outside the museum

**Lecturers:** Ansgar (@wildnistage) & Lukas (@ancientskin.tattoo)

**Price:** 250 SEK

**Registration:** [www.glödgang.com](http://www.glödgang.com)



### FROM CALL TO GROWL: RECLAIM YOUR VOICE

In this workshop you will work with two ancient forms of vocal expression: kulning and grunting. Though very different in sound, both styles ask the same thing: to take up space and let your voice be heard without holding back. In this workshop you will explore the full range of the voice and learn the value in shapeshifting through sound. No singing experience is needed, only curiosity!

**Date & Time:** Saturday, June 6 (16:00–17:15)

**Meeting Point:** Outside the museum

**Lecturers:** Micky Huijsmans (@mickyhex)

**Price:** 250 SEK (Swish/Cash)

**Registration:** Email to [mickyhuijsmans@gmail.com](mailto:mickyhuijsmans@gmail.com).  
Deadline June 3. Registration is binding.



# BIRKA HISTORICAL TATTOO FEST

## WORKSHOPS JUNE 7

### **NATURAL VOCAL EXPRESSION; A BEGINNING**

This is a prelude, a dip of the toes into the waters of your natural vocal expression. It is not mainly aimed at vocalists, although vocalists are welcome too. There will be techniques for un layering the voice and reconnecting it to your inner self, unlearning the pressure surrounding singing and relearning to let it be a true and free expression. Think of it more like an active meditation, rather than a performance.

**Date & Time:** Sunday, June 7 (13:00–14:00)

**Meeting Point:** Outside the museum

**Lecturers:** Merlin (@Holltrassel)

**Price:** Gift based or 200 SEK (Swish/PayPal/Cash)

**Registration:** Email [holltrassel@gmail.com](mailto:holltrassel@gmail.com) or DM @Holltrassel. Registration is binding.



### **CREATING ICELANDIC MAGICAL STAVES**

In this workshop we will discuss some examples of galdrastafir (Icelandic magical staves) their instructions and how they may be used. As well as methods of creating our very own, using alphabet ciphers from Icelandic manuscripts and contemporary sigil crafting techniques. During the talk laminated information sheets will be handed out, these can be photographed.

**Date & Time:** Sunday, June 7 (14:00–15:00)

**Meeting Point:** Outside the museum

**Lecturers:** Albert Shiell

**Price:** 200 SEK (Swish/PayPal)

**Registration:** Email [pellar\\_crafts@outlook.com](mailto:pellar_crafts@outlook.com)

