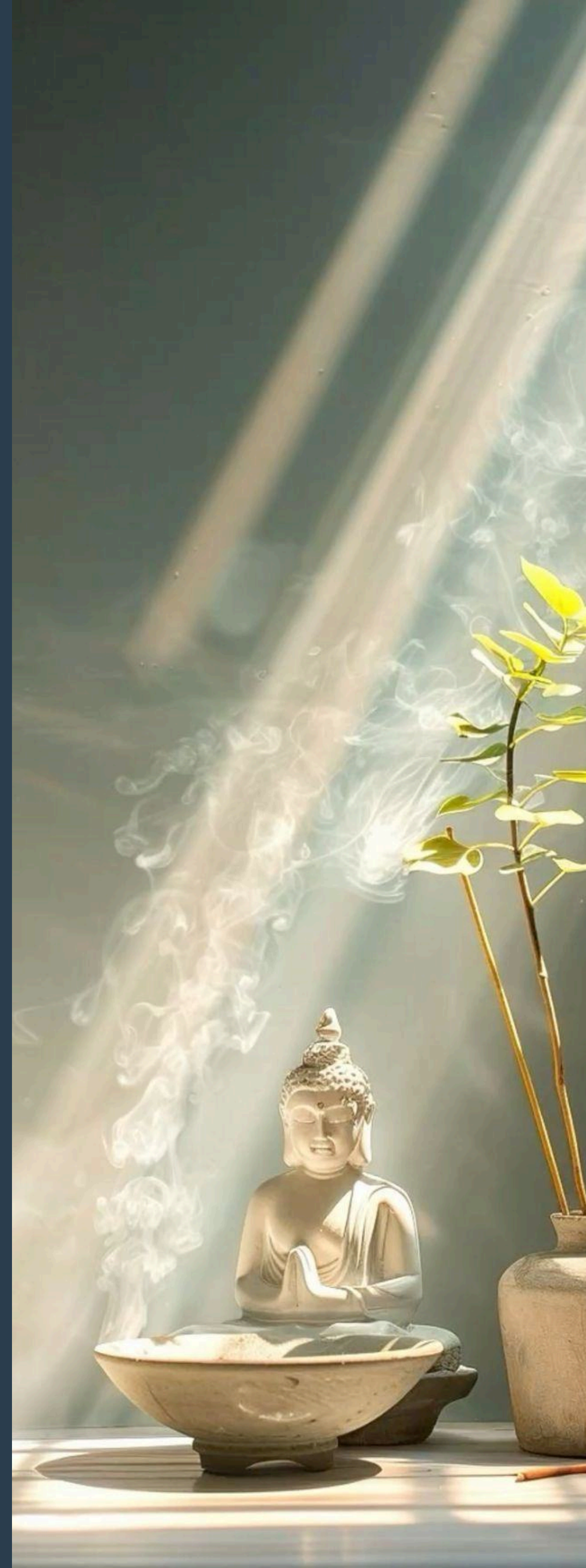


The art of seeing: when cinema meets mindfulness

queer perspective

✧ guided mindfulness, film reflection, and interactive exercises

1-1,5 hours ✧





Concept Overview

“When Cinema Meets Mindfulness” is an experiential event that combines contemplative practice with the aesthetics of cinema.

The goal is to help participants slow down, deepen perception, and reconnect with their inner experience through mindful attention.

Using principles of mindfulness, Shklovsky’s idea of “defamiliarization”, and elements of slow cinema, participants explore how film can make us notice details, emotions, and the passage of time in a new way.

The event blends meditation, film excerpts, reflection, and mindful interpersonal dialogue.

Block 1

Introduction to Mindfulness + Guided Meditation (15–20 min)

- Short explanation of what mindfulness is
- Benefits for everyday life (focus, emotional regulation, awareness)
- Simple grounding meditation (5–7 min) to prepare attention
- Participants begin noticing breath, body, sounds, and sensations

Goal: Create a calm, centered state from which to experience film more fully.

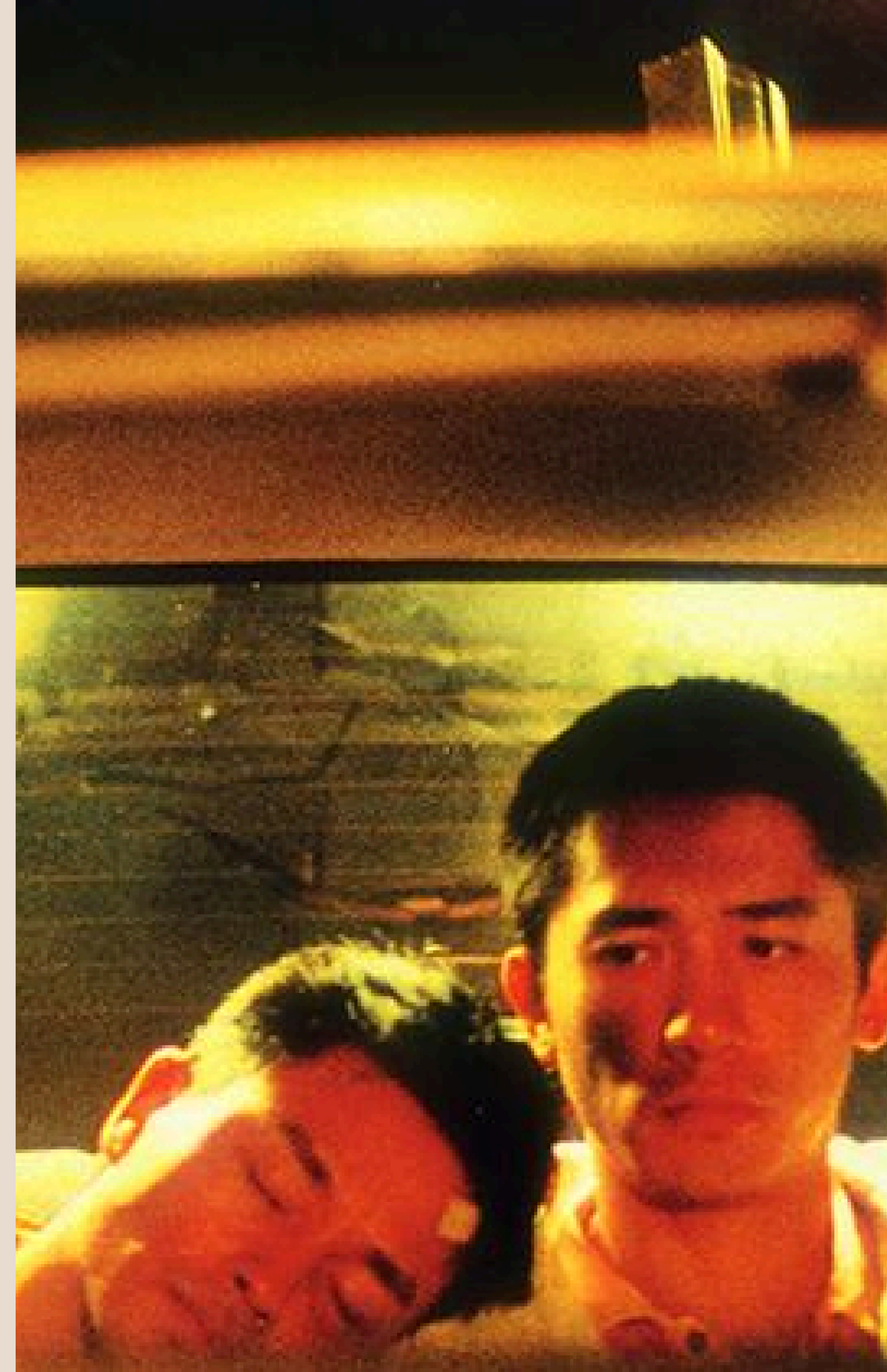


Block 2

Cinema as a Tool of Presence (15–20 min)

- Short talk about cinema as an art that reveals reality instead of distracting from it
- Reference to Shklovsky: art makes the familiar unfamiliar, allowing deeper perception
- Introduction to slow cinema
- Self-reflexion

Goal: Show how film can slow down our perception, amplify details, and reveal emotional and sensory layers.



Block 3

Experiential Mindful Film Practice (25–30 min)

Part A — Mindful Viewing (3–4 min)

Participants watch a short film excerpt with mindful attention, observing details, rhythm, emotions, and bodily sensations.

Part B — Still Frame Reflection (5 min)

3–5 still images from the scene are shown.

Participants reflect individually (writing or silent observation).

Part C — Awareness Listening Exercise (10–12 min)

Participants work in pairs:

- One person shares what they noticed
- The other listens without interruption or reaction
- Then they switch roles

This integrates mindfulness with interpersonal presence.

Goal: Transform cinema from passive watching into active awareness practice.



Intended Outcomes

Participants will leave with:

- a deeper understanding of mindfulness and its practical use
- a new way of perceiving film — and everyday life
- improved awareness of sensory, emotional, and interpersonal experience
- a physical reminder that supports ongoing mindful attention

This event works well for:

- cultural spaces
- cinemas
- mindfulness centers
- art institutions
- community events
- universities (film studies, philosophy, psychology)

About me

Anastasia Nizamova is a Ukrainian film director and cultural studies expert based in Munich. She holds a Master's degree in Cultural Studies from Odesa I.I. Mechnykov National University, where she wrote her thesis on the interpretation of reality in postmodern cinema, and later trained in filmmaking at Cinema Studio Odesa. After directing independent shorts and organizing cultural projects in Odesa, she moved to Germany and collaborated with the Munich Kammerspiele, Kalekone Film, Recycled TV, and the Hof Film Festival. In 2025, she worked as Unit Production Manager on *Il Senso della Terra*, produced by Abisso Studio in South Tyrol. She also attended the University of Television and Film Munich (HFF München) as a guest student in Documentary Directing. Anastasia has completed two 10-day Vipassana meditation courses, integrating mindfulness into her daily life and creative practice. Her interest in how perception shifts through both meditation and film inspired her to create "When Cinema Meets Mindfulness."

