

Ensō Origins  
by David Nixon

When the  
mind is free  
the body  
creates.



DRIFTWOOD  
STUDIO



## The River

The origins of the ensō event go all the way back to 2007.

At this time I was training as an occupational therapist and was introduced to a new framework for culturally responsive practice called The Kawa (River) Model. 'Kawa' uses the metaphor of a river to explore and optimise 'life flow.'

I became a key contributor to the development of the Kawa Model. In 2014 The Global Development Team took findings to the World Federation of Occupational Therapists World Congress in Yokohama, Japan.



The Kawa Global Dev. Team & Tech Support from OT4OT. Professor Michael Iwama is front centre.

World - Japan  
KAWA MODEL  
International  
Symposium  
June 17th, 2014  
Tokyo University of Technology

A Celebration of the Kawa Model; Streamed On-line, World-Wide

JOIN THE SOCIAL MEDIA/TECH ENABLERS in this GROUND-BREAKING, GRASSROOTS-RUN OPEN EVENT!!!

Powered by:  
OT4OT  
GRU

Register your trip & Participation - either LIVE or Virtual at <http://tinyurl.com/KAWA2014>





## Brush & Ink

At the 2014 Congress I was introduced to a Japanese calligraphy artist and shown some basic techniques.





## A Gift

On my return home I found that Sayuri, one of the Japanese guides from the trip, had sent a present of a beginners calligraphy set.

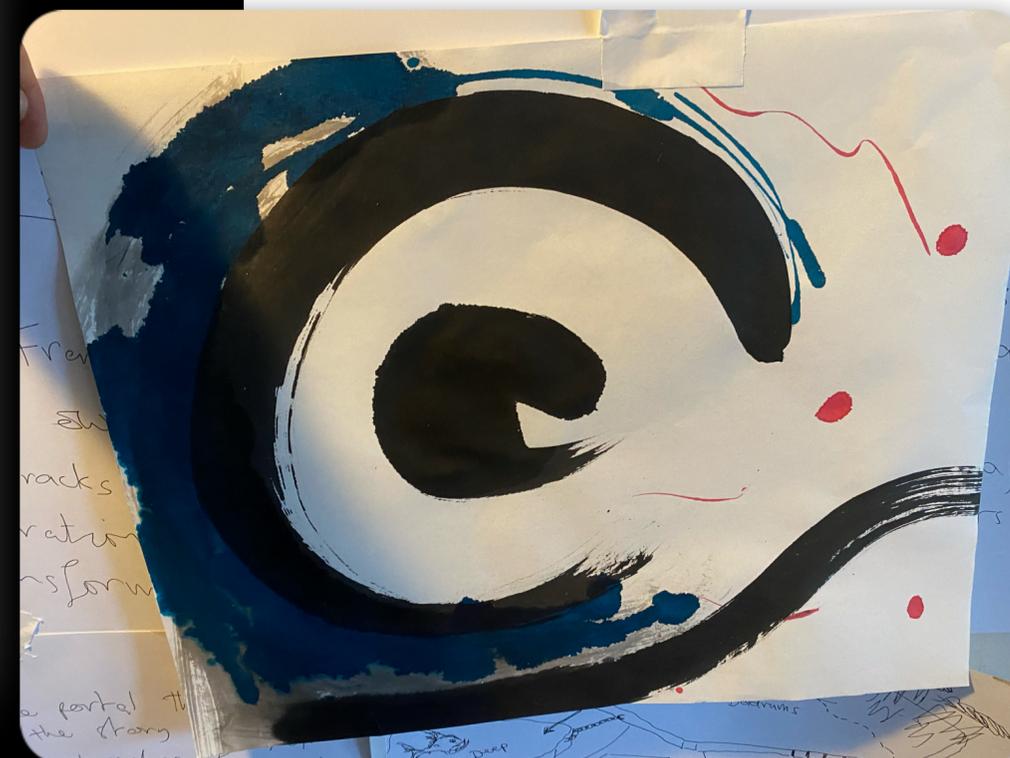
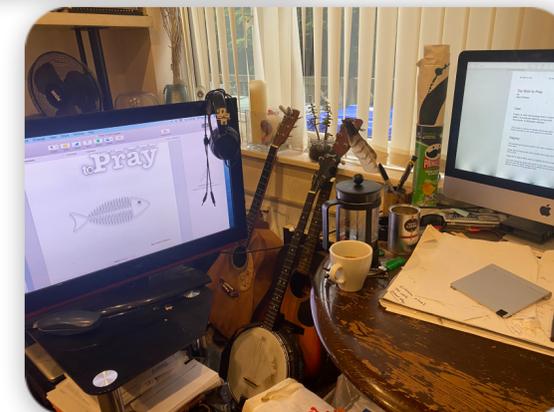
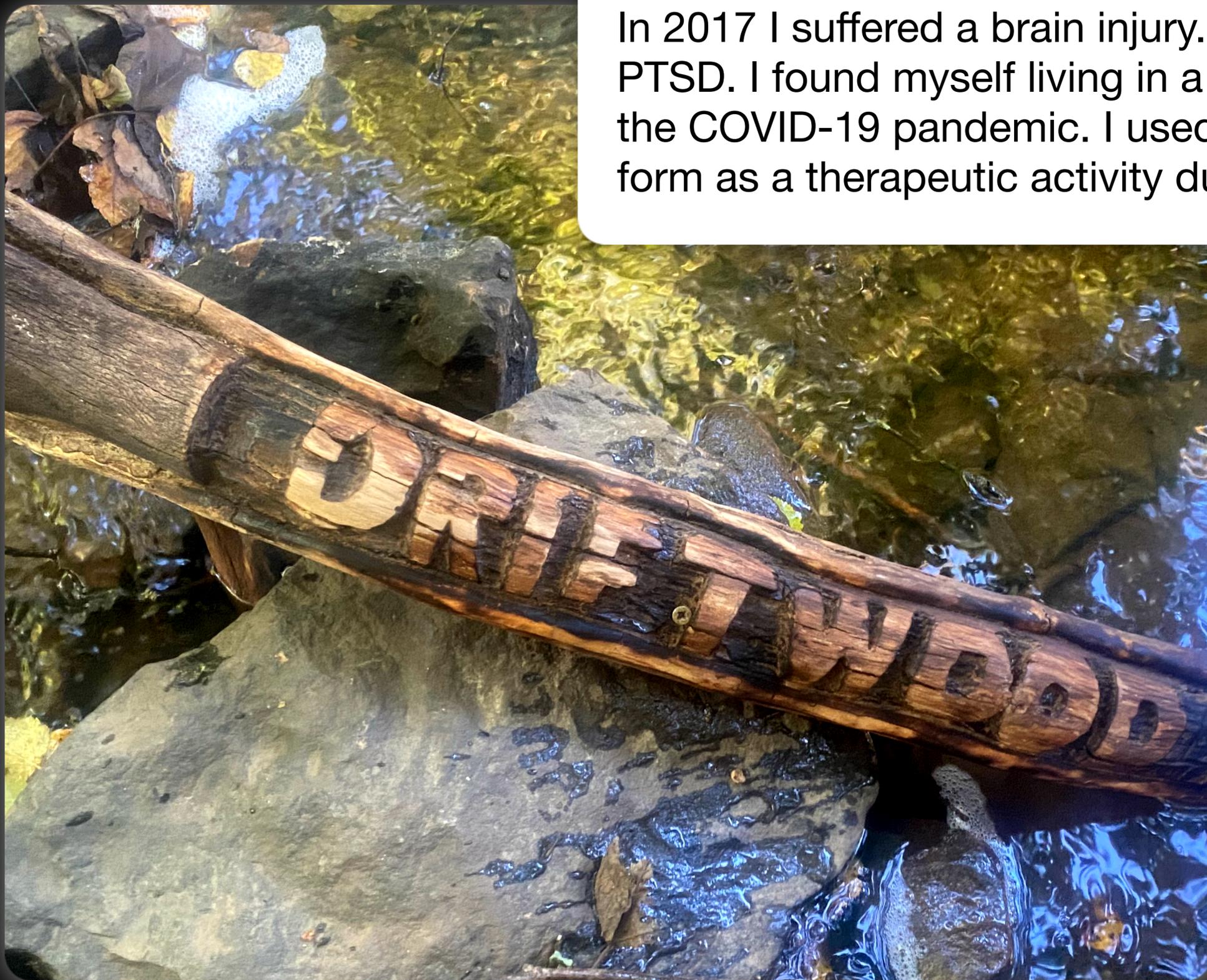


# Playing with Ink

I discovered the following:

- Ink is hard to control
- Japanese calligraphy is a high art form
- The equipment has a unique aesthetic
- There is great meaning and value in the simplest of forms
- I love playing with brush and ink

In 2017 I suffered a brain injury. This developed in to PTSD. I found myself living in a caravan on a farm during the COVID-19 pandemic. I used the creation of the ensō form as a therapeutic activity during this time.





## First Public Event

As the lockdown restrictions were lifted I ran my first Ensō event with holistic therapist Catherine Hunt. The feedback from participants was incredibly positive.

A couple of years later, I started working with Dave Brown.

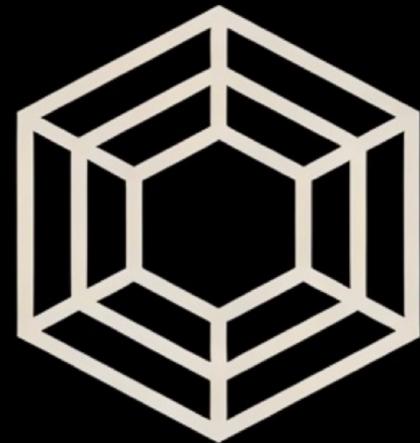


## Full Circle

Dave Brown and I have Driftwood Studio as a platform for events, training and personal development.

Ensō is now a fully fledged personal growth experience designed to help participants engage with their creative selves in the present moment.

We use this as a vehicle for changing your perspective on the challenges you face.



**DRIFTWOOD**  
**STUDIO**

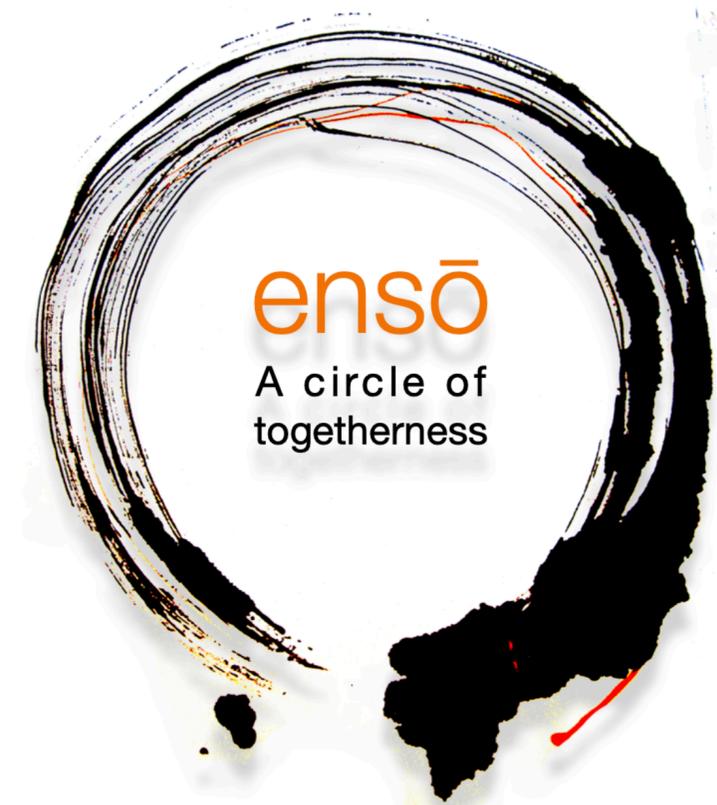
# ENSŌ

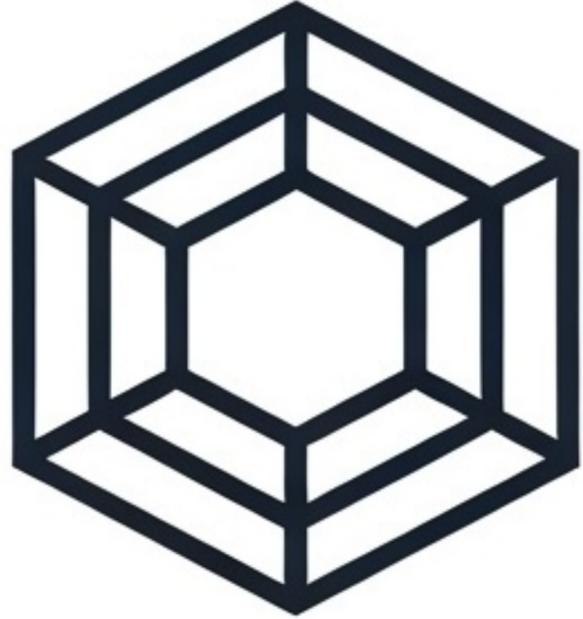
With its roots in the Kawa Model and an active design process, Ensō is a powerful tool for reframing and engaging in creative freedom.

# We are the story We are storytellers

The story of Ensō is the journey that we have been on to bring it this point. In the same way the creation of the circle by participants is the story of themselves in that moment of creation.

We use this approach to find new flow and achieve health and happiness.





# D R I F T W O O D

## S T U D I O

Book your Ensō event by  
emailing us at  
[info@driftwoodstudio.co.uk](mailto:info@driftwoodstudio.co.uk) or  
see the eventbrite page for  
upcoming events.

Eventbrite