

Art
Focus
Nature
Patience
Meditate



The Flow
State



Balance



By
Gautam
Vaishnav

ROCK BALANCE

Mangaon
Maharashtra
Dec 2022



ZEN FLOW
CONNECTING TO
THE NATURE

ABOUT ROCK BALANCE

Rock balance art is the delicate art of balancing rocks to create gravity-defying sculptures, requiring patience and precision. It serves as a meditative practice, fostering a connection with nature and promoting mindfulness. Workshops offer participants the opportunity to learn this captivating art form while encouraging environmental appreciation.



ROCK BALANCE

Lonavala
Maharashtra
Oct 2022



STABILITY
QUALITY OF
BEING STEADY

IMPACTS



Reduce Screen Time

Engaging in rock balance art provides a refreshing break from screens and technology, offering a hands-on, offline activity that encourages individuals to disconnect from digital devices and reconnect with the natural world.



Enhanced Focus & Patience

Rock balancing enhances focus and patience as individuals carefully select and position rocks to achieve balance. This meditative practice promotes stress reduction and fosters a sense of accomplishment.

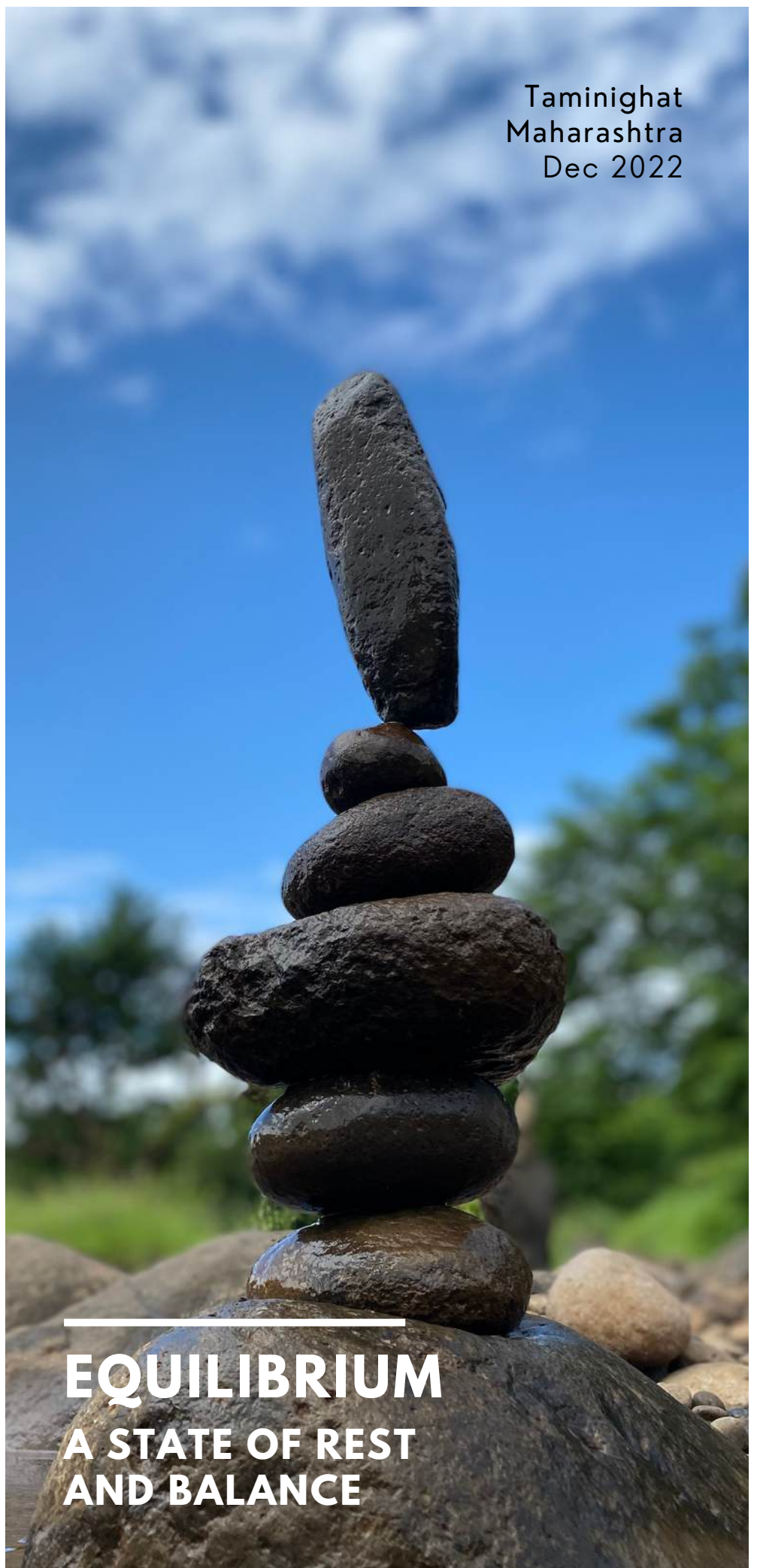


Decision Making

Rock balancing sharpens decision-making skills through constant adjustments for achieving balance, fostering quick and effective choices that translate into improved judgment in daily life.

ROCK BALANCE

Taminight
Maharashtra
Dec 2022



EQUILIBRIUM
A STATE OF REST
AND BALANCE

IMPACTS

Meditate & go Thoughtless

Rock balancing fosters thoughtlessness by engaging individuals in the moment as they select and balance rocks, offering a meditative escape from overthinking for relaxation and mental clarity.



Builds Self Awareness

Rock balancing promotes self-awareness through mindful engagement. As individuals focus on arranging rocks, they become attuned to their thoughts and emotions, fostering introspection and a deeper understanding of oneself.



Hand Eye Coordination

Rock balancing enhances hand-eye coordination by requiring individuals to carefully select and position rocks, fostering precise movements that strengthen neural connections between the visual cortex and motor areas of the brain.



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MEDITATE
MAKE YOUR
MIND CALM

TESTIMONIALS



Akshay Gurnani [in](#) · 1st

2mo · Edited · 🌐

Experience at Schbang

Last week we conducted a Rock Balancing Workshop for some of our vice-presidents at the **Schbang** HQ and it's simply amazing what razor-sharp focus of the mind can help you achieve.

The objective of the session was to have us all disconnect from our devices for 2 hours and spend time together focusing on a singular task. I can say it was a success because everyone was able to balance at least 3 rocks on top of each other while **Khushnuma** managed 5!

If you have more ideas for such focus-building activities then go ahead and share them below!

[#Focus](#) [#TeamBuilding](#) [#RockBalancing](#) [Gautam Vaishnav](#)



Akshat Shaligram · 1st

Director at Avail Advertising India Pvt. Ltd.

1d · 🌐

Experience by @akshatshaligram

Never been stereotypical when it came to organising fun activities for Team Avail.

Making it to this list was the rock-balancing workshop by Gautam Vaishnav. What I learnt from this activity can't be summed up in words but I have tried to make a few points

1. Right foundation is key to further development, be it of any sort.
2. Try different strategies when one is not working
3. Coordination is important
4. Doing it right is equally important
5. Have patience

[#Team](#) [#teambuildingactivities](#) [#development](#) [#agencylife](#) [#advertisingagency](#) [#Pune](#)



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3d · 🌐

+ Follow

Created some rock-solid memories during the Rock Balancing Workshop.

Even though we have been balancing multiple tasks, rock balancing has challenges of its own. But with sheer persistence, we unlocked this skill and are now champions of both balances

Hi Gautam

This is Abhinav. I wanted to thank you for introducing me to this lovely art of miniature rock balancing. I have been working into a corporate for 15 years and have been trying my hands on different things to improve my quality of life. Since last few years, I have been meditating too. I never knew that the state which we achieve through breathing exercises(kriya yoga specifically) can be achieved through an activity like balancing mere stones. I really loved the experience and intend to pursue it few minutes everyday to centre myself.

Thanks

10:44 PM



Thanks

11:24 PM ✓





GLIMPSE OF ROCK BALANCE





GLIMPSE OF ROCK BALANCE



About me

I'm a passionate adventurer, rock balancer, and storyteller, combining my love for exploration and art. With over 500 treks, including the Mt. Friendship Peak Expedition, I channel my experiences into inspiring others. As a speaker and performer, I share the transformative power of rock balancing, captivating audiences with its meditative essence. I've conducted workshops for corporates, students, and unique gatherings, introducing over 10,000 people including those with ADHD and physical challenges to this art. Featured at the Kala Ghoda Festival and BBC News, my mission is to help others find focus, creativity, and balance in both art and life.

10,000+

Taught People

750+

Rock Formation

100+

Workshops

Contact For

Workshops

Live Performance

Installations

Personnel Tutors

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