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### **Lahe Lahe Press Statement**

An Assamese phrase which literally translates to ‘slowly slowly’, Lahe Lahe is a reminder that life is meant to be lived fully and not rushed through. It is an ever-welcoming, non-judgmental comfort spot in the city of Bangalore and is our deepest offering to every soul looking for creative solace and a space to be themselves.

Founded on April 1, 2016 by husband-wife duo, Nikhil Thard (Founder of Edifice Labs) and Mansee Shah Thard (Corporate Communication Professional), Lahe Lahe was started as a genre-agnostic space with a 3-day launch where all forms of expressions - art, theatre, yoga, dance, music, pottery were celebrated with the participation of about 300 people. Today we have grown to a 15,000+ strong community who are connected to and impacted by Lahe Lahe.

As a space, we don't judge, we don't discern. If anything we encourage people to deeply participate in the movement of their calling. Be it art, dance, music, pottery, theatre or healing, we hold these activities sacred and offer them ourselves through our Signature weekly programs like Music Jam (including Blues & Country Music Jam), Poetry sessions, (English & Hindi) Travelers meet ups, Board game Thursdays, one on one personal holistic therapies to constantly updating and offering workshops and meetups with soulful flavor and meaning. We also have a thriving in-house pottery studio where people can come and learn this beautiful and therapeutic form, from an absolute beginner to more advanced courses.

We also host and encourage various artists and facilitators to hold their own workshops and performances here for the benefit of the community at large. The result? Every week is a myriad kaleidoscopic artistic expression which keeps evolving to the next week's eclectic mix of events, performances and workshops for children and adults alike across various artistic expressions.

The space is perfect for all kinds of people - whether one is a closet singer, an amateur artist or just someone who is looking for reassurance even if one is an expert. At Lahe Lahe one can learn to celebrate the uniqueness that shines through in all of us and value our imperfections for they make us who we are. The space is an offering to let you be you and your beautiful flawsome self.





