



The Scent of Return: Repetition as a Path to Remembering the Self: An embodied journey through scent, movement and image

Marko Šetinc

This experiential workshop explores repetition and return through the senses of smell, movement, and visual expression. Inspired by Cavafy's *Ithaca* and the cyclical journey of homecoming, participants are invited to travel inward, to rediscover what it means to 'come home' to oneself as an embodied experience rather than a fixed destination.

The process begins with scent as a portal of memory: each participant chooses an aroma and follows the emotional and imaginal traces it evokes, allowing forgotten impressions to reappear. Smell functions as embodied memory that transcends rational understanding, awakening a sense of personal history, belonging, and place. From this sensory opening, the workshop shifts into rhythmic breathing and repetitive movement, where participants feel how repetition transforms from mechanical habit into organic rhythm, moving from doing to being, from control to flow. The journey culminates in visual expression: a repeated mark, line, or form gradually shifts on the page, symbolising transformation and renewal and revealing how the image itself can 'breathe' with the maker.

Bridging science and art, the format draws on the presenter's background in environmental chemistry and art therapy, connecting olfactory perception with emotional integration and creative awareness. Through sensory, bodily, and artistic repetition, participants encounter return not as nostalgia, but as a dynamic rhythm of becoming that supports regulation, presence, and meaning-making. The workshop closes with brief reflective writing and paired dialogue to anchor insights into personal relevance and clinical or educational application. Participants leave with a tangible sense that home is an inner orientation, an embodied presence that can be revisited through ritualised repetition of scent, breath, movement, and image.



Biography

Marko Šetinc is a lecturer, researcher, and art therapy practitioner bridging science and the arts. With a PhD in Chemical Engineering, Economy and advanced training in art therapy and clearing psychotherapy, he explores the meeting point between sensory perception, embodied awareness, and creative transformation. His work connects olfactory experience with emotional memory, emphasizing the body as a field of return. Marko's practice invites participants to rediscover presence, breath, and the quiet rhythm of home within.

Recent Publications

Šetinc, M. (2012). **Removing Odors from Waste Air**. In Maček Jerala, Milena (ed.) *Transfer of Innovations, Knowledge and Experience into Everyday Use: Proceedings*. Naklo: Biotechnical Centre, pp. 1–7.

Šetinc, M. (2012). **Decision Support System in the Selection Process for Odor Treatment in Waste Air**. In Ferjan, Marko (ed.) *Quality, Innovation, Future: Proceedings of the 31st International Conference on Organizational Science Development*. Kranj: Moderna organizacija, pp. 1179–1185.

Zeman, S., Perdija, Ž., Grosu, S., Nolimal, D., Chingwaru, W., Šetinc, M., Neubauer, D., Bagar, T. (2020). **The Biochemistry of the Endocannabinoid System**. In Klopotan, Igor; Czakó, Katalin; Beker, Victor (eds.) *Economic and Social Development: Book of Proceedings (53rd International Scientific Conference)*. Varaždin: VADEA et al., pp. 86–102.