



YOGA AND CREATIVITY

Unlock Your Inner Artist, Unleash Your Creative Potential

February 21–23

FRIDAY, FEBRUARY 21

7:00–9:00 pm

Opening Session

Meet the presenters in an opening panel and learn more about them and what they plan to share during this program. Then Basia Blonska leads an immersive sound bath experience using resonant tones from Tibetan singing bowls and crystal bowls to promote relief from stress and anxiety and help balance the nervous system. This is an opportunity to reconnect with yourself, expand awareness, and quiet the mind—thus creating a space for creativity to flourish.

SATURDAY, FEBRUARY 22

7:00–8:00 am

Sacred Restoration: Yin Yoga, Meditation, and Crystals

Faith Hunter

Through the healing powers of Yin Yoga, pranayama, meditation, and crystals, Faith helps you balance the nervous system, purify toxins, and release tension deeply rooted in the mind, body, and soul. A crystal meditation magnifies your states of spiritual consciousness, strengthens your divine intuition, and restores inner harmony. This is the perfect session to experience a sense of renewal.

7:00–8:30 am

Breakfast

9:00–10:30 am

The Power of Art and Creativity

Tashi Chodron (Rubin Museum)

Find inspiration as you experience the power of selected works of art from the Rubin Museum and learn about the ancient female deity Tara. Clear your mind to enhance receptivity and harness your powers of creativity as Tashi leads a guided meditation and visualization starting with Tibetan Yantra Yoga, an ancient breathing exercise.

11:00 am–12:30 pm

Poses, Postures, and Photography

Robert Sturman

Discover the secrets of how to make powerful, poetic images celebrating the beautiful art of yoga. Aspiring models and yogis can learn what it takes to get great pictures. Photography enthusiasts learn about composition, balance, integration of the pose with the environment, connecting with the model, and much more. Come be the photographer, model, artist, muse, or all of the above. Bring your camera, phone, questions, and curiosity.

11:30 am–1:30 pm

Lunch

1:45–3:45 pm

Mala Making

Satya Scainetti

The mala is a traditional garland of prayer beads. Every bead represents a truth, and meditating on them with an affirmation, or mantra, can bring peace of mind. In this fun, inspiring workshop, learn the sacred art of mala making and how mala are used in daily practice. You leave with a beautiful mala bracelet infused with an intention to take on your journey.

4:15–5:30 pm

Art-Inspired Yoga (optional)

Sarah Platt-Finger and Alan Finger

Yoga, like art, is an expression of the spirit. When we experience the state of yoga, or union, we are in an inspired state of flow and creativity. Through the embodiment of physical and emotional sensation, we broaden our palate of consciousness, like an artist expanding her color palate. Experience the complex beauty of the physical practice with art from the Rubin/MASS MoCA as your backdrop. The practice ends with a powerful tantric meditation.

5:30–7:00 pm

Dinner

7:00–9:00 pm

Shades of the Soul: A Creative Writing Workshop

Faith Hunter

In this thought-provoking workshop filled with moments of self-discovery and group dialog, Faith guides you on an inward journey to stimulate and ignite your creative juices. Explore how we internalize narratives within modern culture, move through varying tones of emotions, and breathe gently along the nuances of life. Be ready to write, feel, and peel back the shades of your soul.

SUNDAY, FEBRUARY 23

7:30–8:30 am

Art-Inspired Yoga

Sarah Platt-Finger and Alan Finger

Yoga, like art, is an expression of the spirit. When we experience the state of yoga, or union, we are in an inspired state of flow and creativity. Through the embodiment of physical and emotional sensation, we broaden our palate of consciousness, like an artist expanding her color palate. Experience the complex beauty of the physical practice with art from the Rubin/MASS MoCA as your backdrop. The practice ends with a powerful tantric meditation.

7:00–8:30 am

Breakfast

9:30–10:45 am

Contemplative Looking

Laura DicksteinThompson (MASS MoCA)

How can we learn to slow down so we can enjoy a more vivid experience of life? Using the contemporary art at MASS MoCA, explore how objects are akin to metaphysical exchanges that sound off like a gong to bring us into the present, urging us to slow down and alerting us to their embedded messages. In facilitated art explorations, we apply contemplative tools modeled on Buddhist mindfulness techniques, including guided visualizations, slow walking, and observations of breathing. This workshop concludes with a guided finger-painting activity to process the overarching philosophy that art is experience.

11:00–11:30 am

Closing Conversations

Join us as we conclude our weekend together with closing remarks from some of our presenters. This is also an opportunity for you to reflect and share your experiences.