



## YOGA AND CREATIVITY

Unlock Your Inner Artist

March 8–10

### FRIDAY, MARCH 8

#### 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 consciousness like an artist expanding their color palate. Experience the complex beauty of asana practice with art from the Rubin/MASS MoCA as your backdrop. This session, led by Sarah and Alan Finger, ends with a powerful tantric meditation.

#### 7:30–9:00 pm | Opening Session

Join us as we kick off our third annual yoga and creativity retreat. Meet the presenters in an opening panel and learn more about them and what they plan to share with us during this program. Then awaken your creativity through movement and ancient drumming techniques in a multisensory meditation experience with Johnny Scifo. Johnny leads a gentle movement class incorporating yoga, pranayama, and qigong exercises, followed by a healing sound meditation and a shamanic drumming session. The evening ends with a celebratory drum circle.

### SATURDAY, MARCH 9

#### 7:00–8:00 am | **Art-Inspired Yoga**

*Ali Cramer*

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#### 9:00–10:30 am | **Contemplative Looking**

*Laura Dickstein Thompson (MASS MoCA)*

As Ferris Bueller aptly put it, “Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.” How can we learn to slow down so we can enjoy a more vivid experience of life? Art holds a key to the answer, and that forms the basis of this hands-on workshop. 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 centuries-old Buddhist mindfulness techniques, including guided visualizations, slow walking, and observations of breathing. This workshop concludes with tuning into the creative spirit that we all possess in a guided finger painting activity to process the overarching philosophy that art is experience.

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### SATURDAY, MARCH 9 (continued)

#### 11:00 am–12:15 pm | **Poses, Postures, and Photography**

*Robert Sturman*

Discover the secrets of how to make powerful, poetic images celebrating the beauty of yoga. Movement, yoga, and dance are the ultimate physical expressions of sound. 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.

#### 1:45–3:45 pm | **Crystal Healing Workshop**

*Reni Bickel*

Expand your creativity with crystal healing. Crystals serve to channel light and activate intrinsic powers of manifestation. Attune and work with chosen crystals to awaken the second chakra, as well as the creative mind, and lay out a crystal grid to set the vibrational imprint that stimulates our artistic skills and dissolves any fear or insecurity in our ability.

#### 4:15–5:30 pm | **Art-Inspired Yoga**

*Sarah Platt-Finger and Alan Finger*

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#### 7:00–8:15 pm | **Coloring Meditation**

*Miriam Castillo*

Join international artist Miriam Castillo for a coloring meditation. This workshop begins with a short meditation; then together we color and fill in a large piece of art created exclusively for this event. It has been reported that, similar to meditation, the act of coloring for adults may have stress-relieving effects, allowing us to switch our minds off from distracting thoughts and focus on the moment.

#### 8:30–9:30 pm | **Quiet Through Sound**

*Basia Blonska*

Cultivate an intimate relationship with your creativity in this immersive sound bath experience. Sound baths help promote relief from anxiety, alleviate pain, reduce emotional stressors, and help balance the nervous system. Basia Blonska leads this session using resonant tones from Tibetan singing bowls and crystal bowls, inspiring you to reconnect with the Self, expand awareness, and quiet the mind—cultivating a space for creativity to flourish.

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### SUNDAY, MARCH 10

#### 7:00–8:00 am | **Art-Inspired Yoga**

*Ali Cramer*

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#### 9:00–10:30 am | **Divine Feminine: A Journey Into the World of Buddhas and Bodhisattvas**

*Tashi Chodron (Rubin Museum)*

Enter the realm of the glorious female Buddhas and Bodhisattvas, the tireless dakinis who fiercely protect, create, and nurture all life in the universe. With guided meditation, mantra chanting, and mudra, Tashi Chodron helps you explore these icons to awaken the Divine goddess in you. This contemplative practice has its roots in the living traditions of Tibet and the Himalayas that honor Great Mother Tara, the Divine embodiment of female wisdom and bliss. Tibetan Buddhist practitioners believe visualizing and meditating on Green Tara brings forth good health, long life, clarity, wisdom, and prosperity.

#### 11:00–11:30 am | Closing Meditation

Join us as for a closing meditation to seal our practice and carry our inspiration with us into our everyday lives.