



Art and Yoga: Unlock Your Inner Artist

FRIDAY, MARCH 31

4:15-5:45 pm

Art-Inspired Yoga with Sara Clark

7:30-9:00

Opening Panel

Exploring Different Structures in our Practice

Michael O'Neill, Tashi Chodron, Laura Thompson, and Visionary Organics

SATURDAY, APRIL 1

7:00-8:30 am

Art-Inspired Yoga | *Sarah Platt-Finger and Yogiraj Alan Finger*

7:00-8:30

Art-Inspired Yoga | *Ali Cramer*

9:00-10:30

Mala Workshop | *Satya Scainetti*

11:00 am-1:00 pm

Poses, Postures, and Photography | *Michael O'Neill*

11:15 am-12:15 pm

Sound Bath Meditation | *Sara Auster*

1:45-3:45

Myths and Mudras | *Kelly Kamm*

1:45-3:45

Object/Non-Object: A Meditation on Art Interpretation and the Creative Process
Laura Thompson

4:15-5:45

Art-Inspired Yoga | *Sara Clark*

7:00-8:00

Sound Bath Meditation | *Sara Auster*

7:00-8:00

Healing Crystals and Chakras, Part One | *Paula Pavlova*

7:30-9:00 pm

Concert with Brooklyn Raga Massive All-Stars

SUNDAY, APRIL 2

7:00-8:00 am

Art-Inspired Yoga | *Ali Cramer*

7:00-8:00

Healing Crystals and Chakras, Part Two | *Paula Pavlova*

8:30-10:00

Vinyasa Flow: Unleashing Shakti for Creativity
Yogiraj Alan Finger and Sarah Finger

8:30-10:00

Wheel of Life: Karma in Art | *Tashi Chodron*

10:30-11:30

Closing Panel

Bringing Creativity to Your Practice | *Sarah Platt-Finger and Kelly Kamm*

12:00 pm

Checkout