



Yoga and Creativity
Unlock Your Inner Artist
March 9–11

Friday, March 9

4:15–5:30 pm | **Art-Inspired Yoga (optional)**

Ali Cramer

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.

7:30–9:00 pm | Opening Session

Join us as we kick off our yoga and creativity retreat. The program begins with a short film by documentary filmmakers Visionary Organics and an overview of last years' event. Following the screening, you have a chance to meet the presenters in an opening panel and learn more about them and what they plan to share with us during this program. This session closes with a short meditation.

Saturday, March 10

7:00–8:30 am | **Myths and Mudras**

Kelly Kamm

Myths reflect back to us our deepest longings, our universal struggles, and our hidden strengths. Learn about the Hindu deities and myths that have inspired many of your favorite yoga poses. Tales of love and awakening are weaved together with mudra, hand gestures that inspire elevated states of consciousness within.

9:00–10:30 am | **Mala Workshop**

Satya Scainetti

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

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

Robert Sturman

Discover the secrets of how to make powerful, poetic images celebrating the beautiful art 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 | **Art-Inspired Yoga**

Sarah Platt-Finger and Yogiraj 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. In the session led by Sarah Platt-Finger and Yogiraj Alan Finger, the practice ends with a powerful tantric meditation.

4:15–5:30 pm | **Art-Inspired Yoga**

Ali Cramer

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.

7:00–8:00 pm | **Wheel of Life: Karma in Art**

Tashi Chodron

In this workshop, Tashi Chodron of the Rubin Museum explores the law of karma through the symbolism in the Wheel of Life. A breathing exercise in the Tibetan Yantra Yoga tradition, meditation, and a brief Q&A follow the discussion.

8:15–9:15 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 off our brains from other thoughts and focus on the moment.

Sunday, March 11

7:00–8:00 am | **Art-Inspired Yoga**

Sarah Platt-Finger and Yogiraj 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. In the session led by Sarah and Alan Finger, the practice ends with a powerful tantric meditation.

8:30–10:00 am | **Object / Non-Object: A Meditation on Art Interpretation and the Creative Process**

Laura Dickinson Thompson

On a daily basis we are bombarded by objects that may become our obsessions, form our memories, and challenge our beliefs as a society. In this workshop, you mindfully consider the need and value of objects and experience a guided visualization meditation to investigate how we internalize objects, especially those that serve as symbols of our existence. Using art that has been or is currently on view at MASS MoCA, a discussion-based interpretation exercise demonstrates how objects are a means to communicating ideas, emotions, and social issues. The workshop concludes with an art-making activity to process the overarching philosophy that art is experience.

10:30–11:30 am | Closing Panel

Bringing Creativity to Your Practice

Kelly Kamm, Sarah Platt-Finger, and Robert Sturman

The closing panel weaves together the weekend with reflections and integration. Join Kelly Kamm, Sarah Platt-Finger, and Robert Sturman as you explore how to take the creative spark ignited at Kripalu into your practice and your life.