

# VINYASA YOGA AND ANIMAL MASK MAKING WORKSHOP



Acts of creating and bringing to the physical world some of our quiet inner callings and intuition are helpful in understanding some of the subtleties of the life around us. Allowing our imagination to flourish and tapping into the flow of our creativity can be very healing and ultimately a fun experience.

Using yoga & meditation to uncover your power animal we will then create an image using paper mache', paint and other materials. All levels of yoga invited and no art experience necessary. Just a sense of imagination and open mind. We will introduce to you the idea of a power animal who offer particular strengths in our lives. The yoga practice will help us to relax and receive the images that will guide us in our journey with the animal. You may already have an animal in mind, but be open to what might reveal itself to you. Information on the power or this totem will be available to discuss and review.

must RSVP with Mary or Karen 267-252-2389

When: March 20, 2016

Where: 280 Nevins Street Brooklyn NY 11215

Time: 1:00-5:00

Fee: \$50 includes supplies

Karen Gibbons has taught art and yoga in various settings for many years and worked with art therapy education for 10 years. She has been implementing therapeutic yoga and art with groups and individuals. She has numerous publications including "Integrating Art Therapy and Yoga Therapy; Yoga, Art and The Use of Intention by Karen Gibbons, 2015.

Mary Flinn has been teaching yoga for 20 years throughout the United States and abroad. She was owner/director of Mount Airy Yoga in Philadelphia and has taught at numerous other yoga studios. She has taught yoga for academic credit at several colleges. She has taught yoga and art in hospital settings, at a children's home in Mysore, India, and throughout her career as an artist.