

Jerry Touchstone Kimmel

Kimmel@grandecom.net

(512) 396-8404

Kundalini Class Times:

Tuesday Morning 9:30 – 11:00 a.m.

Wednesday Evening 6:30 – 8:00 p.m.

The cost of my weekly classes will be \$10 per class or \$32 for a monthly pass for one class per week, \$60 for 2 classes per week.

Jerry is a certified Kundalini Yoga KRI instructor and has taught classes in Austin and in San Marcos.

She is the photographer and her husband the author of *The San Marcos: A River's Story*, published in 2006, by Texas A&M University press. Their current project with the press is the Brazos River of Texas. Other projects are the Rio Grande and the Pecos River.

Jerry taught Watercolor, Color Mixing and Theory, Design, and Plein Aire classes at the Austin Museum of Art, Laguna Gloria, Austin Texas 1986 – 2000. She taught Watercolor and Color Theory classes at Texas State University. She organized and taught art classes at the Ghost Ranch in New Mexico, and at Big Bend National Park in Texas. She has shown in over one hundred juried and invitational shows throughout the U.S. and has been represented in many galleries throughout the southwest.

She facilitates classes on inner wisdom at St. Mark's Episcopal Church School of Wisdom in San Marcos.

2 day Workshop: Movement, Meditation and Creativity

April 10 – 11, 2010 Saturday 1 – 6 pm/Sunday 10am – 5pm

Location: Community Yoga Center, 310 Mary St

Cost: \$85

Snacks will be provided for mid afternoon. Bring a sack lunch for Sunday.

Workshop Description:

Focus on awakening your creative abilities by combining Kundalini Yoga (the yoga of awareness and your potential), and meditation. The first part of each day will be a set of yoga exercises (no previous yoga experience required and adapted for all levels of physical abilities) combined with a meditation to get your cells vibrating! This will be followed by a time for individual creativity in the medium and method of your choice-painting, drawing, photography, writing, journaling, music, dance, where ever your heart leads. We will have a time of discussion and presentations of our creations and will end each day with another yoga set and a meditation.