

Creativity, Yoga, and Meditation

Saturday April 10 1-6pm, Sunday April 11 9am-5pm

at the Community Yoga Center

310 Mary Street, San Marcos, Texas

Cost: Workshop Special \$50

Awaken 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 combined with a meditation to get your cells vibrating. No previous yoga experience is needed. 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, wherever 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. For individual projects, bring materials you plan to use. I will provide some art supplies, but you may want to bring your own. Bring a lunch for Sunday. Special guest artists will also be joining us!!!

Jerry is a certified Kundalini Yoga KRI instructor and teaches at the Community Yoga Center in San Marcos. She is developing Yoga and Creativity Workshops in San Marcos, working with the nonprofit organization Yoga and Health.

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.

*To Register, contact Jerry Kimmel
at 512-754-9764*