



with Helena Kuntz

Diamond Head

MINDFUL YOGA & CONTEMPLATIVE ART

Saturday October 20th 9-12 \$65

Find your inner creativity and self expression.

Cultivate Presence and Expression Through Mindful Yoga and Contemplative Art

Just like yoga, contemplative art is a way of cultivating presence. Bringing us to the state of full awareness, where spontaneous expression flourishes.

In this workshop, we'll combine yoga and other body centered movements of yoga with simple contemplative art practices.

In the process, we'll connect with our creative source and learn to nurture this aspect of ourselves, which is all too often ignored in our fast paced, modern world.

Connecting with and expressing our creativity helps us feel more balanced and alive and offers us a sense of relaxed spaciousness as we move through our everyday lives.

About the Art Teacher:

For nearly 3 decades, Chris Zorn has been teaching creative contemplative practices to students of every age level. He taught in the InterArts department of Naropa University for 8 years and currently teaches at a K-12 charter school on Oahu and at the Honolulu Museum of Art School. www.czorn.net

