



YogART
Workshop
at Matrikiran

Report

29th October 2022

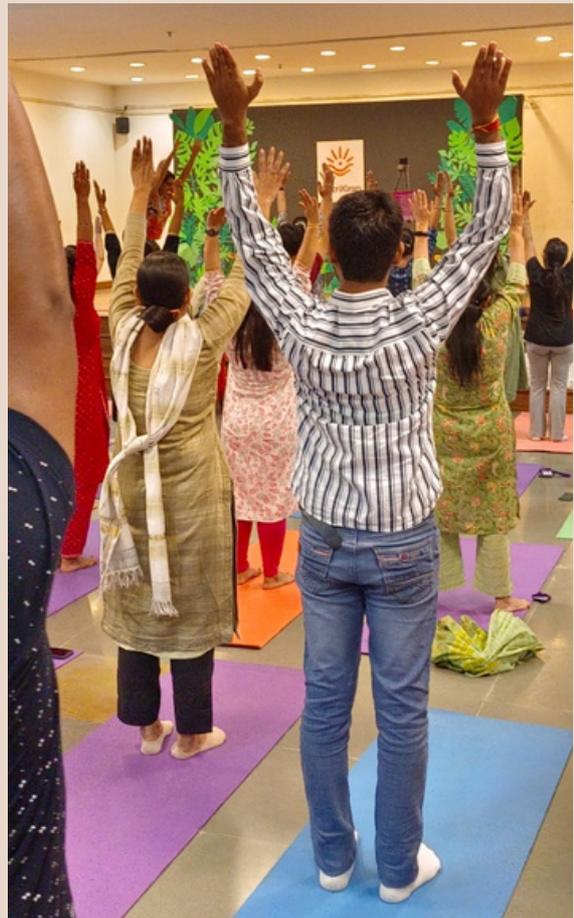
YogART session at Matrikiran, Gurgaon

With Tara Didi's recommendation and Mother's blessings, we conducted a YogArt workshop at Matrikiran School, Sohna Road on Oct 29, 2022 from 8:30 am to 4 pm.

We started with an invocation of the Divine, followed by an Asana Practice preparing the body and mind with various postures and breathing techniques complimented with the Art activity planned next which was of Releasing Anger and Releasing repressed emotions and blocks in the body.

This was followed by The Scribble drawing where participants learnt how to use the Neurographics technique of art to alter the brain patterns.

Everyone learnt to release anger while also creating a beautiful Art piece using their creativity and intuition. The results surprised everyone because each one drawing came out beautiful.



DETAILS - SESSION 2

Post Tea, we split into 2 groups of 30 participants each and did some breathing exercises and focussed on meditation on specific colours aligned to the art practice. Our focus was on Warm and Cool colours first.

The pranayama was Brahmari, which literally translates to buzzing of the bees. This breathing calms the mind, cools the body and the sound reverberating in the head also prepares one to meditate.

The Art activity was using poster colours in the beautiful 18 colour palette (designed by Raie and crafted by YogART) and paint brush to give shape to our intuition on paper. Participants were to make the same painting using Warm as well as Cool colours on the same piece of paper.

Again, what came clear was that beauty is lying hidden in each one of us, waiting to be uncovered.



Brahmari Pranayama, Visualization on Warm and Cool Colours and Painting with Poster colours with both.

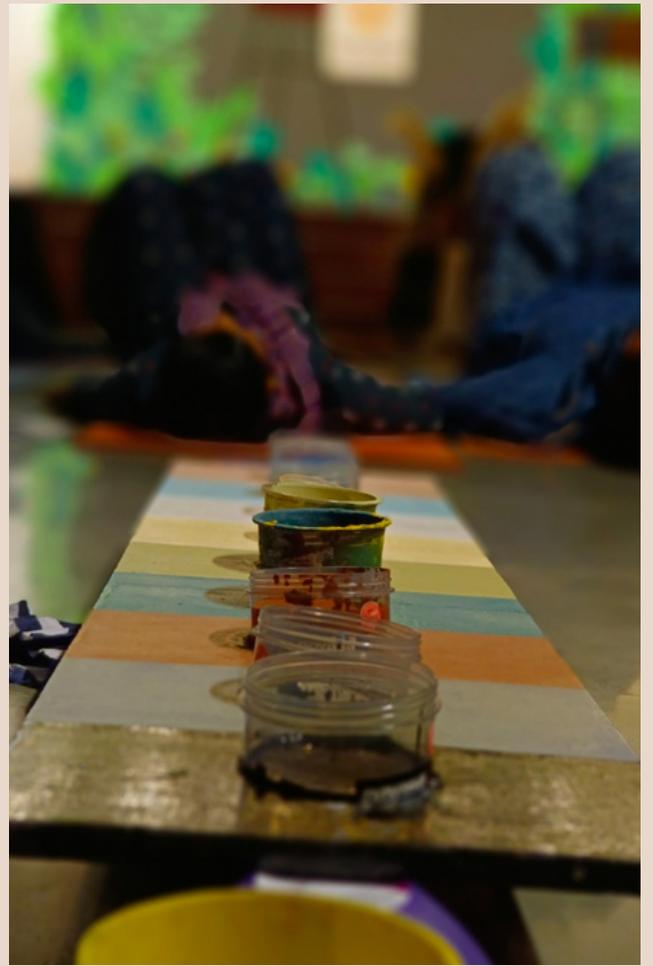
DETAILS - SESSION 3

Post lunch, we did a practice for the entire group to help digest the food faster, to energise the afternoon slowness and Vedic Chanting, learning how to do the Gayatri Mantra with Notations, breaking the mantra into kramas - to enhance memory as well as a breathing exercise. We also did a meditation and worked on the sense of balance and imbalance in our bodies and our energies.

This energised the participants to prepare for the next activity which was working with Neutral Colours and a paint brush stuck on a stick, to experience the wobbliness and to create with a wider view. This activity was done on a brown paper to enhance the beauty of Neutral colours.

We ended the session with a short demonstration of Wire Art using Aluminium Wire, two simple pliers and a cutter.



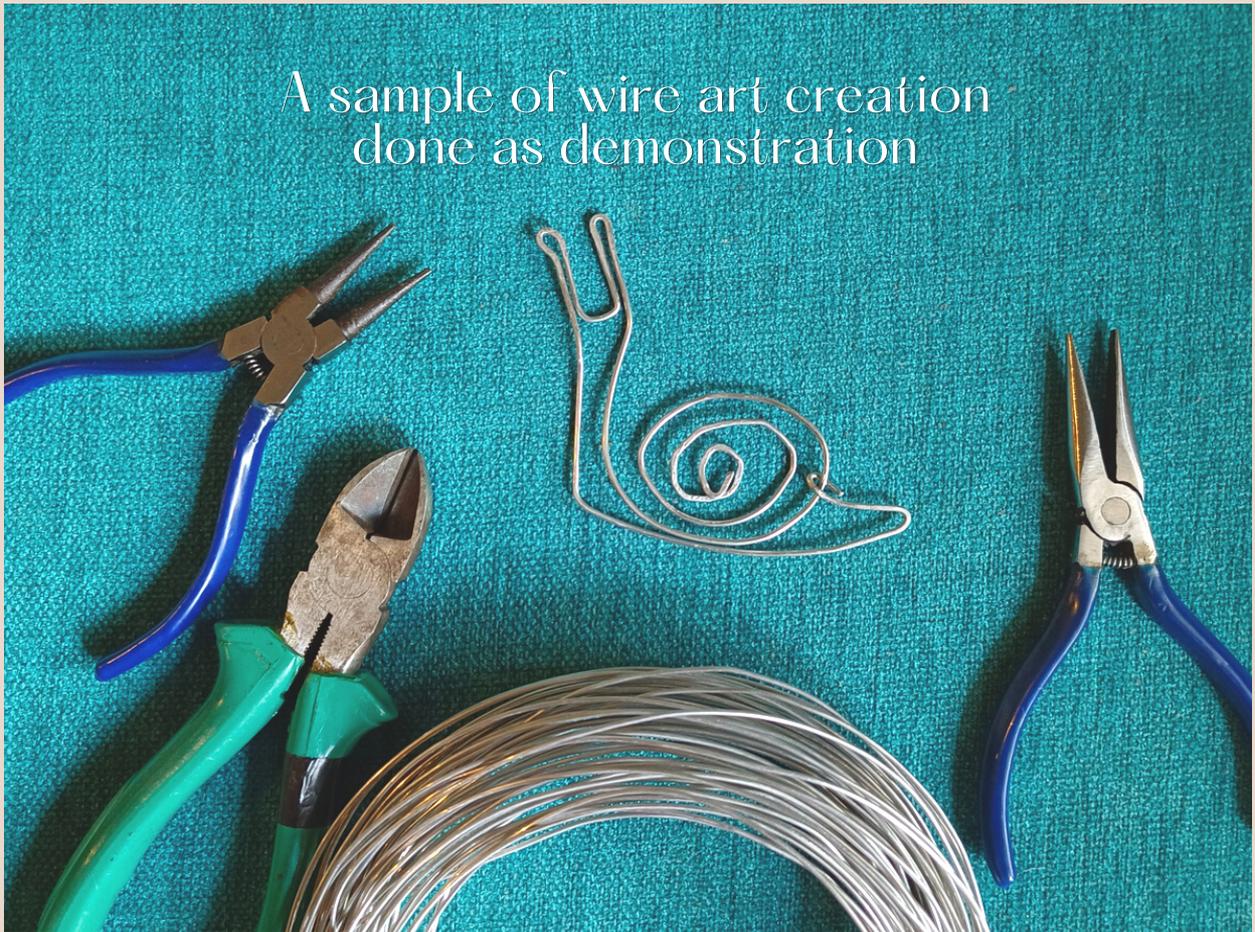


Participants Art Creations.



*Life is a journey in the
darkness of the night. Wake
up to the inner light.
The Mother*

A sample of wire art creation
done as demonstration



Some of participants work



YogART made a donation to the Ashram as a token of our Gratitude.



Sri Aurobindo Ashram – Delhi branch