

AndersonRanch arts center

June 5 - 7

Refresh & Renew through Art & Yoga: contemplative responses to life-threatening illness

Michael Franklin & Jaquetta McBride

Tuition: \$300

Code: K0101 Enrollment Limit 12

CONCEPT: Life-threatening illness amplifies the connection between human suffering, resiliency and the process of recovery. Illness and the resulting pain can open us to our body's capacity to feel itself more deeply. Art and yoga, when combined, offer a way to enter the truth of this dialectic by recognizing that there is opportunity within any crisis. The art component will highlight how creative work can be an answer to suffering. Various art projects will be selected that foster community, creative will, and the capacity to hold multiple perspectives within the body and the art process. The yoga practiced in this workshop will address the celebration of life force accessed through the breath, guided meditation and restorative practices.

MEDIA & TECHNIQUES: We will use clay, a large-scale drawing format, and diverse 2D materials and processes.

ACTIVITIES: There will be daily yoga practice combined with studio time. An integrative contemplative method of joining embodied experience with expressive art practices will be engaged.

PREREQUISITES: Adults ages 18 and up recovering from a life- threatening illness.

FACULTY: Michael Franklin, ATR-BC (PhD candidate, Lesley University), previously directed the art therapy program at Bowling Green State University in Ohio. He is now the director of the graduate art therapy program at Naropa University in Boulder, Colorado.

Jo (Jaquetta) McBride was a university professor of writing and literature before becoming a psychotherapist specializing in the integration of yoga with somatic methods and Transpersonal Psychology.