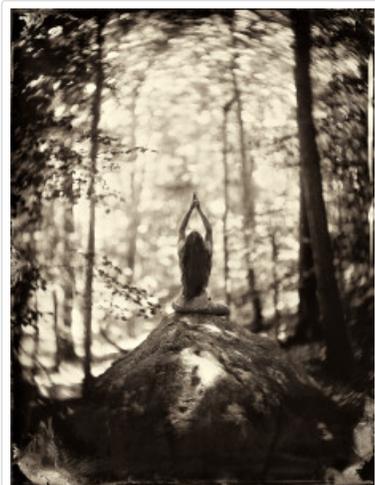


In Main Gallery

Francesco Mastalia: Yoga, The Secret of life



In silence, ask the questions, "Who am I?" "Why am I here?"

What is our ultimate purpose on this planet? What began as a photographic journey to explore the physical practice of yoga, unexpectedly transformed into an enlightening odyssey that revealed answers to these mystifying questions. Yoga is defined in many ways. Some say you can't teach yoga, it is something you experience. It is indescribable.

"YOGA The Secret of Life," explores the personal experiences of 108 of today's leading practitioners and how this ancient practice has transformed their mind, body, and spirit.

This union unveils the synergy between the yogi, photographer, and flow of the universe. As the exchange of energy is absorbed, it creates a fleeting moment in time, never to exist again. "Ambrotype," from ancient Greek, means "immortal," capturing an impression for eternity, its essence revealing the spirit of the soul.

***April 14th 6-9pm- Second Saturday Opening Reception** - Meet the Artist and Book Signing (see description below)

***April 15th 2pm- Sunday Gallery Talk Francesco Mastalia-YOGA: The Secret of Life** is a photo-documentary project about the spiritual and physical journey of yoga.

***April 22nd 2pm and 3:30pm- Sunday free Yoga for all levels with Liz Glover Wilson and Nikki Haas, Stone Wave Yoga.** Bring a yoga mat and comfortable clothes.

***April 29th 2pm- Sunday participate in Meditation and Gong Bath.** Bring a yoga mat. As a group, we will come together in a unified heart meditation. Surrender to the vibration of the gongs, where your mind turns off completely and, at a cellular level, we all connect. Meditation and Gong Bath will be conducted by Justin Ram Das Logan LMT. IKYI - Justin Ram Das works in alliance with yoga studios and healing centers throughout the north east including the Omega Institute for Holistic Studies in Rhinebeck New York.

***May 6th 2pm- Panel Discussion with Master Yogi's** -Meet and listen to a number of yogi masters from many different practices and philosophies who are the beautifully captured subjects of Francesco Mastalia's book, Yoga: The Secret Life.

In the Beacon Room

Members Show

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