



“Make yourself so happy, that by looking at you, other people become happy.”  
(Yogi Bhajan)

# A weekend in Montalcino of Kundalini Yoga and Vedic Art with **Perla Aviram** and **Christine Persson**

 4-7 october 2109

As we move from summer to Autumn it is a time to look deep within ourselves and sew the seeds for our future projects and selves. Join us to tune in to the most creative and knowing part of you, while supporting your body in adjusting to the natural movement and changes around.

Vedic Art is not just a painting course, it is a navigation map. A training in the use of the compass that is in each of us to find, through the artistic expression what we all possess. Participating in the Vedic Art workshop is a way to connect with one's creative self and discover that one already has ideas that we did not suspect, thus acquiring self-awareness. A fun and surprising way to improve your self-esteem and safety, to remove your own blocks, discover yourself creative.

The exercises originate from modern art education. Through Vedic Art the exercises are transformed to focus on our life and on the art process rather than on final results and achievements.

“From the beginning, when we first hear the 17 principles of Vedic Art, we tap into the nature of existence, the story of life, where we have come from and where we are going.” the founder of Vedic Art Curt Källman

Kundalini Yoga is the Yoga of awareness. An opportunity to experience yourself differently, more expansively and free from previously limiting beliefs. Through posture, breath, sound and meditation we tap into a multitude of powerful resources that have always been there for us yet we tend to forget they exist.



**The Space:** OCRA “Officina Creativa dell’Abitare” in the center of Montalcino a small charming town in south tuscany in the wine district of Brunello.

The space is an old monastery that has been transformed into various spaces, maintaining a feel of its humble yet majestic character. These include, exhibition space, a dance and Yoga hall, classrooms, a dining area and bistro and a number of beautifully lit, spacious, shared dormitories.



[www.ocramontalcino.it/foresteria](http://www.ocramontalcino.it/foresteria)

## The Teachers:



**Perla Aviram**

Kirinpreet Kaur - Certified Kundalini Yoga instructor as taught by Yogi Bhajan, Ayurvedic, Diet and Lifestyle consultant and Researcher fo Yoga Spirituality and Health. She has been teaching groups as individual sessions and consulting on the recovery from a variety of mild to chronic illnesses. Her focus is to uplift and empower always. She does so by creating a safe space for people to explore their natural abilities, both physically and mentally.



**Christine Persson**

Artist and Vedic Art teacher born in Sweden and living In Tuscany for more than 30 years. Studied art in Stockholm and Paris. Presented her art work in exhibitions in Sweden, Switzerland, Germany and Italy the most recent one at OCRA in Montalcino 2018 Teaching and organizing workshops of Vedic art the last 10 years.

**For details and registration contact:**

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