

FLATFILEgalleries
217 North Carpenter
Chicago IL 60607

For further information contact:

Zoe Kaufman: 847.681.8093
Susan Aurinko, Director
Aaron Ott, Associate Director
Andy Thomas, Gallery Manager
312.491.1190 www.flatfilegalleries.com

FOR IMMEDIATE RELEASE

ZEN AND THE ART OF LIVING CREATIVELY @ FLATFILE

On Sunday, August 20. at a reception from 4-6pm, with Patric Marks on the sitar, FLATFILEgalleries and artist Zoe Kaufman will present AWAKE, AWAKE! The week-long mix of art, yoga and various workshops seeks to deliver a radical message about the correspondence of art and inner peace, inspiration, yoga and creativity. Kaufman's exquisite oil and gold leaf on linen paintings of enlightened beings are filled with a sense of calm. Kaufman speaks of her work thus: "I use Asian iconography in a Western context in order to communicate the idea that Great Wisdom and Compassion when embodied in the human form, looks like us!"

Following is the schedule, with a brief bio of each presenter.

Monday August 21, 1-4:30 pm Michael Zieve – Infinite River: Intuitive Painting

Michael Zieve, who has been a practicing artist for 30 years, attended RISD and the School of the Art Institute of Chicago. In this workshop, he strives to liberate participants from pre-conceived notions of art-making, and unblock creativity for artists and non-artists alike.

Tuesday August 22, 1-3 pm Shauna Angel Blue – Awakening Inspiration: Unclogging the Channels of Creativity.

Shauna Angel Blue is a practicing Physic and 5th level Reiki Master. An artist herself, she has been represented by FLATFILEgalleries since 2000. She had her first solo photography show with the gallery in 2005.

Wednesday August 23, 11-1pm – Joyce Englander and Jesse Hozeny - Hot and Juicy Yoga Flow to Live Music

Joyce Englander has been practicing and teaching yoga for seven years. She is a poet, as well, and feels that her writing is the catalyst for how she teaches her classes. Her influences are Vinyasa, Ashtanga and Jivamukti yoga, and her training is in Anusara. Jesse Hozeny is a drummer, composer and music producer. He regularly accompanies classes at Yoga view, Moksha, Healing Power Yoga and several health clubs and gyms, as well as traveling the US to accompany classes, workshops and other special events.

Thursday August 24, 11-1 pm – Dena Mendes – Conscious Shopping, Cooking, and Eating

Dena Mendes has a background in journalism and Public Health. She is the author of several children's books, and teaches at Northwestern University's SEP program. Her Healthy Alternatives program is a not-for-profit organization seeking to spread the word on both children and adults making healthier choices in eating.

Friday August 25, 1-3 pm – Deb Stern – Energy Medicine: Unleash Your Healing Power

Deb Stern has an MS in Endocrinology and is a graduate of the Crossroads Institute for Energy and Consciousness. She trained in Kabbalistic healing, Jewish Shamanism, and Reiki. She has a private practice in Highland Park and leads many workshops in the Chicago Area.

Saturday August 26, 1-3 pm – Tammy Kohl – Sacred Water, Healing Gems

Tammy Kohl is owner/designer of Takohl Gallery of Jewels, located at 110 North Peoria, in the West Loop. She is an award-winning designer who has been involved in jewelry and gemstones for 20 years. Kohl will address the healing powers and vibrations of gems, and how to use their unique energies for transformation.

Sunday August 27, 4-6 pm-Quinn Kearney/Michael McColly-Karma Yoga: Exploring Yoga and Spiritual Activism

FUNDRAISER – Proceeds to benefit Women's Positive Network of India

Class will be followed by a reading by Michael McColly

Michael McColly's essays have appeared in the New York Times, the Tribune, The Sun and other Literary Journals. He has been teaching yoga for more than eight years, and also teaches travel writing and creative nonfiction at Northwestern. Quinn Kearney practices and teaches both Hatha and Ashtanga Yoga. He co-owns and directs Yogaview in Chicago. His teaching is inspirational, supportive, non-dogmatic, and constantly evolving.

The gallery will be open on Tuesday – Saturday from 12-5 to view Zoe Kaufman's paintings.