

## From Bauhaus to Bhavana

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'Living creatively can be a sadhana towards something within' was something that Indian artist Jyoti Sahi said. It inspired me in my own creative and yoga journeys as well as in my teaching. It reminded me of Desikachar's definition of yoga from YS 1.2: 'Yoga is the ability to direct the mind towards an object and sustain that direction without any distraction.'

As an art student, then a designer and lecturer, I have followed the belief that some forms of the creative process can be a form of meditation.

Using the left side of the brain in an orderly, methodical way can produce controlled and often intricate art. However, I have always had a fascination with imaginative ways of creating via the right brain: more abstract and non-figurative; the 'letting go' of expectations; the loosening of control; the freeing-up of tightness and fear; the not looking to the fruits of the action of creating; the trusting of the process; the willingness to take risks (what is there to lose?); the self-reflection and the bloody hard process of doing it, testing and exposing oneself. Sound familiar?

So every workshop or retreat or Touchstone course that I run always has a theme that is explored via our usual yoga 'tool kit'. But it is always also developed with the use of bhavana to start the journey to those inner spaces that have a life of their own. Every course is accompanied by a creative workshop where the theme is also explored by tried-and-tested techniques of 'letting go', being free and abandoning expectations. Scary for many. Me too. Will students do it, hate it, hate me, be resistant or open?



The spaces between simple forms



Energy feel from hands