

Martin Street Art and Music Gallery Presents:

“Yoga in Art”

with Sanza

Gentle Therapeutic Yin Yoga;

(Gentle and mindful movements of the spine, hips, and shoulders as we explore the seven main Chakrah's.)

In this sixty minute therapeutic Yin yoga Sanaz will guide you through a series of exploratory yoga movements sitting or lying down on a mat. This unique class setting is done amongst magnificent art work allowing you to dive into the universe within as you explore each Chakrah or energy point and immersed in this incredibly uplifting and creative space.



The class starts with a short visualized meditation, followed by some breath-work and then moving into very gentle movements of the spine, hips, and shoulders. Each week we will be exploring, clearing and healing one of the seven main Chakrah's (meridians or energy centers) of the body as we simply relax into each posture effortlessly and allow the body to heal itself.

- Dates: Thursdays July 21nd to September 1st
- Time: Class is from 6:30 to 7:30 pm
- Doors open at 6pm, feel free to come early and have a cup of tea or just soak in the atmosphere
- Investment: \$120 for 7 classes
- Location: Martin Street Art and Music Gallery #205 Martin St, Penticton
- Registration: Must pay in advance. Cheques payable to Matheson Grove Fine Art Gallery, Visa or debit

Contact Renée to register

Renée Matheson: 250 488 4999

Gallery Phone: 236 422 3004

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Learn more about Sanaz:

[Facebook: Sanaz Yoga](#)

Cell (778) 266-4669

Facebook: Sanaz Busink visual Artist



Sanaz Busink was born and raised in India by her Persian father and Turkish mother. When Sanaz was 19, she moved with her family to Vancouver, BC, and began to travel the world. Upon her return, she began painting water colour pet portraits and soon became well known for her life-like dog/cat portraits. This ignited her passion for painting and soon she began exploring with Acrylic inks and creating abstract paintings on Yupo paper.

Her soothing style uses abstract impressions of graceful swirls and fluid colours that evoke feelings of peace and tranquility. Her art was based on her reluctance to represent anything concrete; however, in some cases, the acrylic inks seem to take on a mind of their own and “become” something specific, tangible, and real.

It was in October 2014 after Sanaz had witnessed salmon spawning in the Mamquam River that she found a passion for painting Sockeye salmon during their spawning stage. Her love for salmon and their life cycle energizes her inner emotions and she expresses it on all her salmon paintings. The resin on top of the paintings gives them a glistening three dimensional feel that simulates the marine environment, and brings the salmon to life!

In September 2015, Sanaz and her husband moved to the South Okanagan just as the Sockeye were starting to spawn in the Okanagan River. Here she continues to her journey with the salmon and her art.



It was in October 2014 that I saw bald eagles sitting on trees all over Squamish and I was reminded that the salmon must be spawning. I went for a drive and sat by the Mamquam River and watched the Salmon that had traveled thousands of kilometers of ocean to return to the river of their birth.

I am not sure what was it that evoked and inspired my passion for painting salmon that day. Maybe it was the energy in our rivers; or maybe it was the struggle for reproduction; or the power and wonder of the cycle of life. The echoes of the day continue to reverberate in my soul...the ripple of the water; the rustle of the fall leaves in the breeze; the shriek of a distant eagle. I recall the smell and feel of the crisp fall air vividly striking my senses as I lost myself in this magical dance of life. Without notice, my emotions were effortlessly overpowered as I sat misty eyed on the bank that day.

My passion and empathy for the salmon merged into a powerful force compelling me into the studio that afternoon. Ever since that day I have found a ever flowing spawning of salmon pouring out of my soul and until the day the salmon stops spawning I will paint my soul onto the canvas.