
Press release

The Fundació Joan Miró is launching a yoga programme based around Joan Miró's work

From November 2022 to February 2023, participants will be able to sample different yoga practices and styles through the lens of the most spiritual aspect of the artist's work.

***Yoga at the Miró* is a programme of 16 meetings accessible to all, the aim of which is to underscore the common potential of art and yoga for fostering people's self-awareness and integral health.**

Participants may choose to attend all or some of the sessions, and each meeting will involve contemplating an artwork from the Collection and doing a yoga practice led by a specialist in each of the offered disciplines.

Barcelona, 10 November 2022 –

From an early age, Joan Miró aspired to become a universal artist. Around 1920, he embarked on a path linked to a spirituality that would always remain with him. An interest in Taoism and the influence of Zen philosophy are present in Miró's work and in his worldview. The fusion between the natural environment and his inner self, a gradual stripping away of elements from the canvas, an understanding of emptiness, and the communion of painting and writing are all elements that tie into the essence of yoga.

Taking into account this very important spiritual aspect of Miró's work, the Fundació is offering the [Yoga at the Miró](#) programme: four months of sessions combining yoga and the contemplation of



works from the Joan Miró Collection. Through selected pieces, participants will be able to take a full journey through the different states of consciousness and apprehend Miró's work as a path from the material to the absolute. The various yoga practices in the programme will facilitate the transformative perception of the artist's work.

Yoga at the Miró is for everyone, with some practices that are more dynamic, such as Hatha and Vinyasa, and others that are more meditative, such as Kirtan or devotional music, and yoga Nidra. Teachers and facilitators from different disciplines are collaborating on this programme organised by the Fundació Joan Miró and coordinated by Supernova. The result is a programme of 16 meetings that can be enjoyed as a full journey or as individual sessions dedicated to each of these levels of consciousness and also the artwork by Miró that is representative thereof:

- **11 November 2022 and 13 January 2023**
[Material consciousness](#). Hatha yoga by Agustín Burton. Based on the work *Village and Church of Mont-roig* (1919).
- **17 November 2022 and 26 January 2023**
[Communicative consciousness](#). Trauma sensitive yoga by María Macaya and the Fundación Radika. Based on the work *The Half-open Sky Gives Us Hope* (1954).
- **18 November 2022 and 27 January 2023**
[The consciousness of observation](#). Iyengar yoga by Flavia Chini. Based on the work *Self-Portrait* (1937).
- **1 and 2 December 2022**
[Vital consciousness](#). Nidra and gongs by Prem Tara Gong & Gong Spirit Project. Based on the work *The Gold of the Azure* (1967).
- **15 and 16 December 2022**
[The consciousness of the absolute](#). Meditation in the gardens led by Alba Piñol. Based on the work *Painting on White Background for the Cell of a Recluse* (1968).
- **12 January and 9 February 2023**
[The consciousness of unity](#). Vinyasa yoga by Maria Aurell, Maria Yoga from Home. Based on the work *The Lark's Wing Encircled with Golden Blue Rejoins the Heart of the Poppy Sleeping on the Diamond-studded Meadow* (1967).

- **10 and 23 February 2023**
[Creative consciousness \(I\)](#). Kundalini yoga by Debora Prem Deva. Based on the work *Painting (The Bottle of Wine)* (1924).
- **24 February 2023**
[Creative consciousness \(II\)](#). Kirtan by Ravi Ram. Based on the work *Woman and Birds at Sunrise* (1946).



With this project, the Fundació Joan Miró is exploring new forms of dialogue based around art, underscoring the confluence of its values with practices like yoga, and also their common potential for fostering people's well-being while accompanying them on their journeys of self-awareness through observation and inner inquiry.