

We are very excited to have this exhibit at Oak Meadows. It will be displayed in the hallway by the dining room. Their books will also be available for purchase. Meet Nancy on the 10th at the "Are You Really Breathing" class at 3:00.

"Yoga ON and OFF the Wall...deepening the connections with yoga, friendship, wellness & nature

ABOUT THE EXHIBIT

During the quest to produce their book, **FRIENDSHIP The Art of the Practice**, Nancy Chakrin and Laurie Ellis-Young were compelled to explore volcanoes, jungles, mountains, oceans, national parks and cityscapes, all in the pursuit of showing the synergy between yoga and friendship. This book seemed to have a life of its own, taking the authors on a ride they never expected.

Many of the photographs in this exhibit are from their book. The photographs became vehicles for depicting and deepening connections with nature while honoring relationships – old and new, showing how both friendship and yoga transcend age, gender, race, cultures and language. (Featuring women ages 10–100).

Laurie, a globe trotting yoga teacher for over 45 years and **Nancy**, a multi-talented artist and photographer, began their friendship in Guatemala. "In 2008, I stepped outside my comfort zone and accepted an invitation to attend a wellness retreat led by Laurie at Lake Atitlan. Attending this retreat was one of the 5 best decisions that I EVER made in my life and it literally changed my life."

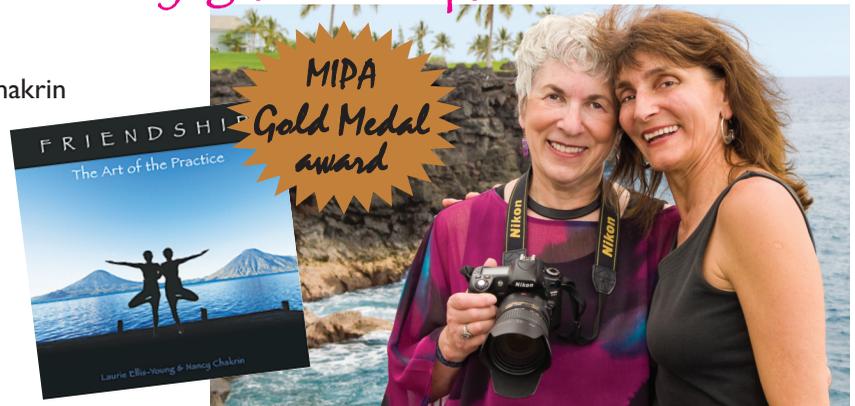
Laurie explains, "We are an unlikely but complementary duo, challenging each other to **"DO"** and **"BE"**, sharing a dance between structure and spontaneity."

ABOUT LAURIE ELLIS-YOUNG MTC, SYT

From leading dozens of treks in the heights of the Himalayas and Andes to overcoming the fear of scuba diving in the depths of the Red Sea, Laurie became impassioned by the extraordinary power in our ordinary breath to help us encounter the "highs" and "lows" of life. These experiences inspired Laurie to create Breathe The Change LLC and co-found with Nancy their non-profit BreathLogic®.

As a yoga teacher, MBSR instructor, SHIFT Peace Ambassador, author and presenter, Laurie blends her humor and eclectic knowledge of ancient practices with her numerous wellness & yoga certifications. She has joyfully taught in education, NGO, corporate, & healthcare settings on five continents.

Their traveling exhibitions "Yoga ON and OFF the Wall" have been in over 30 Upper Midwestern health and education environments. Laurie currently lives with her husband George in Kiev, Ukraine.



ABOUT NANCY CHAKRIN

Over the past six decades, Nancy has developed four inter-related award-winning careers: photography, graphic design, landscape painting & publishing along with marketing & public relations. While healing from breast cancer in 2000, she further cultivated her early interest in the arts and began to prolifically produce landscape oil paintings and later digital photography.

Concurrently, Nancy has traveling landscape painting exhibits "Healing Blue Waters" and photography exhibits "Yoga ON and OFF the Wall" in centers of medicine, wellness and education in the Upper Midwest. She was awarded a University of Minnesota 2012-2013 *Buckman Fellowship for Leadership in Philanthropy* for her Breath Literacy pilot study with Park Nicollet Health. And in 2017 she was a "50 Over 50" AARP MN & Pollen Midwest award recipient honoring inspirational Minnesota leaders who are shattering myths about aging and writing their own rules.

Nancy's *photo ops* have included the 14th Dalai Lama, polar explorer Ann Bancroft; Drs. Andrew Weil, Deepak Chopra, Dan Siegel and Jon Kabat-Zinn.

She is a graduate from the University of Minnesota in Art Education. Early years included working in the U of M Medical School Dept of Pharmacology and the Hospital Dept of Medical Art & Photography and as an Art Director in direct mail marketing on the east coast. She founded her design firm NRC Graphics LLC.

Her artwork is collected internationally. Nancy lives in Minnetonka, MN. "I hope that all of my work provides a tranquil response, ignites conversation and serves as a catalyst to encourage wellness practices."