

Body, Mind, and Soul: An approach to Yoga, Creativity, and Self-Awareness Through
Art Therapy
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Abstract

For my thesis, I took a closer look at the combination of art therapy and yoga practices in the alleviation of stress symptoms through the enhancement of the body/mind connection. Individuals all over the country are experiencing physical symptoms due to their high levels of stress and I am no exception. I am intrigued by the meditative and movement focused qualities that yoga provides and the healing power that it has been documented to give. I am also drawn to the process of implementing bodywork in the art therapy process to support the concept of the body/mind connection. Finally, I would like to see how artwork and stress level may change over time with the addition of a yoga routine.

Research Questions: For an individual experiencing identified physical symptoms of stress and participating in a yoga/art routine, is there a relationship between the movement work and the creative process? Does the artwork created align with the physical symptoms being experienced at the time? Is change observable in the artwork or in body sensations after a designated routine of yoga and art? I propose a heuristic study that will outline the artistic response completed after each hatha yoga session and the potential alleviation of the stress symptoms.