

# INTEGRATION OF OPPOSITES



# PHOTOGRAPHER'S STATEMENT

INTEGRATION DEFINES THE AQUARIAN AGE. CONTRASTING THE PERCEIVED DUALITY THAT CHARACTERIZED THE PISCAN AGE, A CERTAIN MYSTICAL ARTISTIC ALCHEMY IS AT THE HEART OF THIS WORK. THE ASTRO YOGA CALENDAR SERVES AS A TOTEM MANDALA TO THE INTEGRATION OF OPPOSITES -- A GLIMPSE INTO A GREATER INSIGHT THAT IS PROFOUNDLY HOLISTIC, SPIRITUAL, AND INTUITIVE. AT EVERY LEVEL, AND THROUGH LITERALLY EVERY ELEMENT OF ITS CREATIVE PROCESS, THE GESTALT OF THIS EXPERIENCE HAS RITUALIZED INTEGRATION. THIS CALENDAR STARTS YOU IN A UNIQUE WAY OF LOOKING AT THE YEAR BEGINNING ON WINTER SOLSTICE OF 2011. FOR THE YEAR OF 2012, YOU CAN ENJOY HOW IT FUNCTIONS NOT ONLY THE MONTHS OF THE GREGORIAN CALENDAR, BUT RATHER IT CELEBRATES THE ASTROLOGICAL SUN SIGNS DURING THE YEAR. EACH ASTROLOGICAL SUN SIGN IS DEPICTED BY YOGA PRACTITIONERS, DANCERS, AND ARTISTS WHO PORTRAY THE ARCHETYPES OF THEIR PARTICULAR, BIRTH SUN SIGNS. IN TURN, THE TRUTH AND BEAUTY OF INTEGRATION IS REVEALED THROUGH OPPOSITION, WHEN EACH SIGN IS PAIRED WITH ITS COMPLIMENT.

YOGA IS DESCRIBED AS THE UNION OF OPPOSITES. LOOK NO FURTHER THAN THE FULL MOON IN AN EVENING SKY. WHEN THE MOON IS FULL, IT IS BECAUSE THE SUN AND MOON ARE IN OPPOSITE OR COMPLIMENTARY SIGNS OF THE ZODIACAL WHEEL OR MANDALA, AND ARE IN PERFECT ALIGNMENT WITH THE EARTH. SO, FOR EXAMPLE, IF YOU ARE A SUN SIGN OF SCORPIO, AND IT'S FULL MOON DURING YOUR SIGN'S 'MONTH' TIME, IT IS ALWAYS IN TAURUS, IT'S OPPOSITE ON THE WHEEL OF THE ZODIAC! TO ME, THIS IS A TANTRIC UNION FORMED BETWEEN TWO POWERFUL ENERGIES FEMININE AND MASCULINE, YIN AND YANG WORKING TOGETHER IN PERFECT HARMONY TO FULLY REFLECT AND ILLUMINATE THE WISDOM AND ESSENCE OF THAT MOMENT. THIS CALENDAR PORTRAYS THE POETRY OF OPPOSITION. EVERY PERSON HAS THE OPPORTUNITY TO SHINE AND TO REFLECT, TO BOTH PROJECT SUPPORT AND ALLOW TO BE SUPPORTED. IN THE PHOTOGRAPHIC PROCESS, WE EXPLORED MANY RELATIONSHIPS BETWEEN SYMBOLS & ELEMENTS AND HOW WE CAN WORK TOGETHER TO BIRTH SOMETHING NEW WHERE ENERGIES CONVERGE. THIS IS A REFLECTION OF MY EXPERIENCE IN KUNDALINI WHITE TANTRIC YOGA. THIS SENSE OF HEALING OR BLESSING OCCURS WHEN ONE'S PARTNER CEASES TO BE SEPARATE FROM ONESELF. MY MEDITATIONS REVEALED WE ARE NO LONGER INDIVIDUAL, OR EVEN TWO, WE ARE INFINITE.

THE CIRCLE, OUR COMMUNITY IS NOT SEEN AS INDIVIDUAL ARCHETYPES, OR EVEN DUALISTICALLY, BUT RATHER, WE MERGE WITH SOMETHING BIGGER, THE GREATER WHOLE, SYMBOLICALLY CREATING A TOTAL MANDALA OF INTEGRATION, NAKED WITH NOTHING TO HIDE. THE INTEGRATION OF OPPOSITES WITHIN ONESELF BECOMES THE CATALYST FOR LIBERATION AMONG THE ENTIRE COMMUNITY. THE NATURAL COMPLETION OF THE CALENDAR WAS THE UNITY OF THE CAST, THE FULL CIRCLE, SYMBOLIZING THE MOMENT WHERE ALL SIGNS MERGE WITHIN AND WITHOUT IN SERVICE TO THE EARTH. FROM THIS PLACE, THERE IS THE FREEDOM TO ACT FROM GREATER INTUITION AND SPIRIT WORKING TOGETHER AS ONE.

AS AN ARTIST AND HUMBLE STUDENT OF ASTROLOGY, I HONOR THE BUDDING AWARENESS OF MY INNER GUIDANCE AT EVERY STEP OF THIS PROJECT. THIS CALENDAR IS THE INTEGRATION OF MY PERSONAL AND PROFESSIONAL ETHICS, OF MULTIPLE ESOTERIC AND DIVINATORY DISCIPLINES. I INCORPORATED AMPLE REFERENCES TO THE TAROT AND THE YOGIC CHAKRA SYSTEM IN RELATION TO CELESTIAL SYMBOLISM. FOUR ELEMENTS ALSO PLAY STRONGLY IN THIS SERIES, AS I LOOKED TO EXPLORE HOW EARTH AND WATER, AIR AND FIRE WORK TOGETHER. FROM THE BEGINNING THERE WAS THE IMMEDIATE INTEGRATION OF NATURE IN THE SHOOTS, AS I EVEN TOOK INTO ACCOUNT THE TIME OF DAY AND TIME OF YEAR. FOR EXAMPLE, ARIES WAS SHOT AT DAWN BECAUSE IT'S THE FIRST SIGN OF THE ZODIAC.

I COULD NOT BE MORE GRATEFUL FOR THE COLLABORATIVE SPIRIT I ENCOUNTERED WITH THIS GROUP. THE MEN AND WOMEN IN THIS PROJECT WERE INSTRUMENTAL IN SHARING THEIR IDEAS AND INTERPRETATIONS OF THEIR SIGNS. WE ALSO ALL WORKED TOGETHER TO CREATE PERSONAL RITUALS OF INTEGRATION, TO SHARE FROM OUR DIFFERENT BACKGROUNDS, DISCIPLINES AND WISDOM. EACH PHOTO SHOOT IS RITUALIZED, AS I'VE ALWAYS ENJOYED APPROACHING PORTRAITURE AS A RITE OF PASSAGE SUCH AS IN MY PREGNANCY SERIES.

INTEGRATION OF OPPOSITES: ASTRO YOGA CALENDAR OF 2012 BEGAN AND ENDED WITH GATHERING IN A CIRCLE. WE TUNED IN WITH THE KUNDALINI INVOCATION, ONG NAMO GURU DEV NAMO (I BOW TO THE TEACHER WITHIN). WHEN HONORING A WATER SIGN, WE WOULD MEDITATE ON HEALING AND BLESSING THE WATER ELEMENT WITHIN US AND ACROSS OUR PLANET. POSITIVE INTENTIONS ALWAYS APPLIED WHERE APPROPRIATE: FIRE MEDITATIONS FOR FIRE SIGNS, EARTH MEDITATIONS FOR EARTH SIGNS, AND SO FORTH. IN THIS WAY, WE WERE CREATING A REAL EVENT TO BE DOCUMENTED.

FINALLY, I FULLY RECOGNIZE MY DEEPEST CREATIVE SOURCES. I WAS NEVER WITHOUT THE INSPIRATION OF MY KUNDALINI YOGA PRACTICE. AND ANY MERIT FROM THIS WORK HAS DAWNED FROM MY RELATIONSHIP WITH 12TH MOON -- MY LOVE, MUSE, AND TEACHER. AS I BROUGHT HIM KUNDALINI AND WHITE TANTRIC YOGA, IT WAS HE WHO BROUGHT ME ASTROLOGY AND THE DESIRE TO LIVE LIFE WITH AN OPEN HEART! I LEARNED FROM HIM THE ART OF DOWSING, AND TO DRAW BIRTH CHARTS USING THE EQUAL HOUSE CUSP METHOD. THIS CALENDAR REFLECTS MY INCORPORATION AND UNDERSTANDING OF ASTROLOGY THROUGH HIS TEACHINGS. I BELIEVE ASTROLOGY AND ANY DISCIPLINE IS YOGIC WHEN WE BRING BODY, MIND, AND SPIRIT TOGETHER AND IS PROFOUNDLY INCORPORATED. I AM GRATEFUL THAT THROUGH ALL THESE TANTRIC UNIONS AS FEMININE AND MASCULINE, AS YOGA AND ASTROLOGY, AS MY LOVE WITH 12TH MOON THE INFINITE MAY BE INTUITED IN THIS ART. BEFORE YOU IS MY OWN INTEGRATION OF OPPOSITES, WHAT FOR ME FEELS LIKE AN ETERNALLY BLOSSOMING LOTUS, A MANDALA WITHIN A MANDALA.

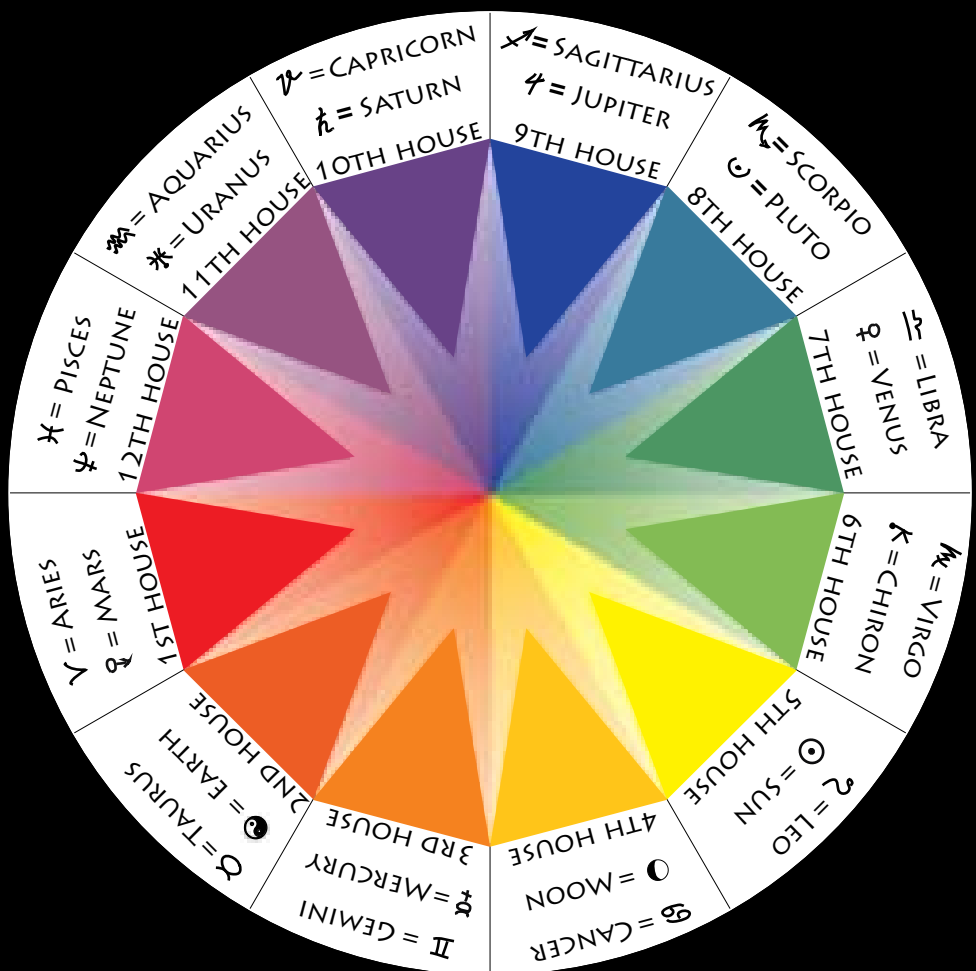
WITH PALMS TOGETHER ~DAMARIS





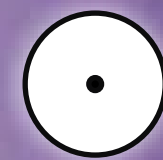
THIS WHEEL SHOWS THE SIGNS OF THE ZODIAC WITH THE PLANET, OR LUMINARY, ASSOCIATED WITH THAT SIGN, AND THE ASSOCIATED ASTROLOGICAL HOUSE AND ASSOCIATED COLOR (CHAKRA).

AT THE BEGINNING AND END OF EACH "SUN SIGN MONTH" TIMES ARE GIVEN AS EASTERN STANDARD TIME (FOR EX. PST SUBTRACT 3 HOURS) FOR WHEN THE SUN ENTERS A SIGN. SIMILARLY, EXACT TIMES ARE GIVEN FOR THE PHASES OF THE MOON, THE SOLSTICES AND EQUINOXES, AS WELL AS FOR THE CROSS-QUARTERS OR MID POINTS BETWEEN SOLSTICE AND EQUINOX.





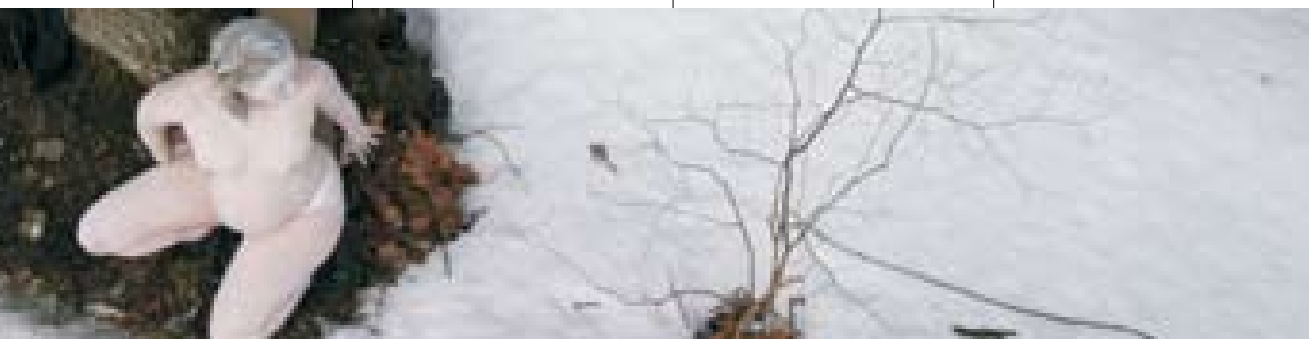
# ♊ 7h CAPRICORN



♋ CANCER ☾

22ND DECEMBER 2011 – 20TH JANUARY 2012

SUNDAY | MOONSDAY | TUESDAY | WEDNESDAY | THORSDAY | FRIDAY | SATURNSDAY



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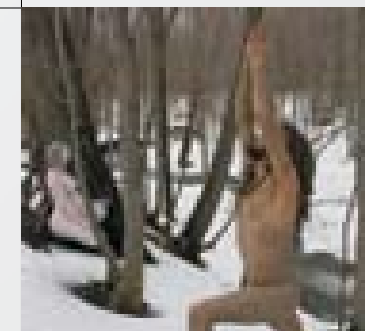
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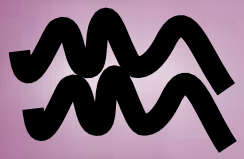
19

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# AQUARIUS



2 GEO ☾

20TH JANUARY 2012 – 19TH FEBRUARY 2012

SUNDAY | MOONSDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURNSDAY



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# PISCES



*♆* AIBCO

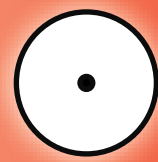
## 19TH FEBRUARY 2012 – 20TH MARCH 2012

SUNDAY	MOONSDAY	TUESDAY	WEDNESDAY	THORSDAY	FRIDAY	SATURNSDAY	
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26	27	28	29  11 ♀ 20:23 EST	<b>01</b>	02	03	
04	05	06	07	08  19 ♆ 04:41 EST	09	10	
11	12	13	14  25 ♂ 20:26 EST	15	16	17	
18	19	☉☿♁ 20 00:16 EST					





# ARIES



## 20TH MARCH 2012 - 19TH APRIL 2012

SUNDAY	MOONSDAY	TUESDAY	WEDNESDAY	THORSDAY	FRIDAY	SATURNSDAY
		20 00:16 EST  SPRING EQUINOX	21	22 	23	24
25	26	27	28	29  3 ♈ 09:38 EST	30 	31
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08	09	10	11	12	13 	14
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# TAURUS



SCORPIO



19TH APRIL 2012 – 20TH MAY 2012

SUNDAY	MOONSDAY	TUESDAY	WEDNESDAY	THORSDAY	FRIDAY	SATURNSDAY
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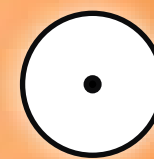




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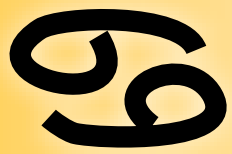


# 20TH MAY 2012 - 20TH JUNE 2012

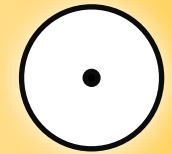
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03	04   15 ♃ 06:13 EST	05	06	07	08	09
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17	18	19   29 II 10:03 EST	☉ ♊ ♄ 20 18:10 EST			



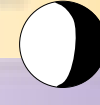


# CANCER



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САБІСОВЫ



20TH JUNE 2012 – 22ND JULY 2012

SUNDAY	MOONSDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURNSDAY
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 18:10 EST 20  SUMMER SOLSTICE	21	22	23
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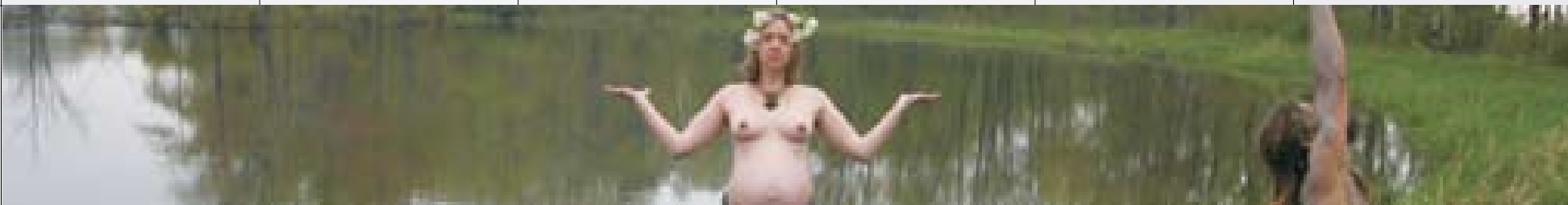
24	25	26  6 ♋ 22:31 EST	27	28	29	30
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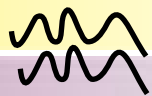
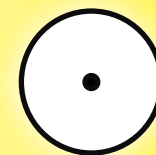
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# LEO



## ΛΟΥΛΟΥ



### 22ND JULY 2012 – 22ND AUGUST 2012

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29	30	31	01 ☉ 11 ♃ 22:29 EST	02	03	04
05	LUGHNASADH STARTS 17:30 EST 06 CROSS QUARTER	07	08	09 ☾ 18 ♃ 13:56 EST	10	11
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# VIRGO



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BIRCEZ



## 22ND AUGUST 2012 – 22ND SEPTEMBER 2012

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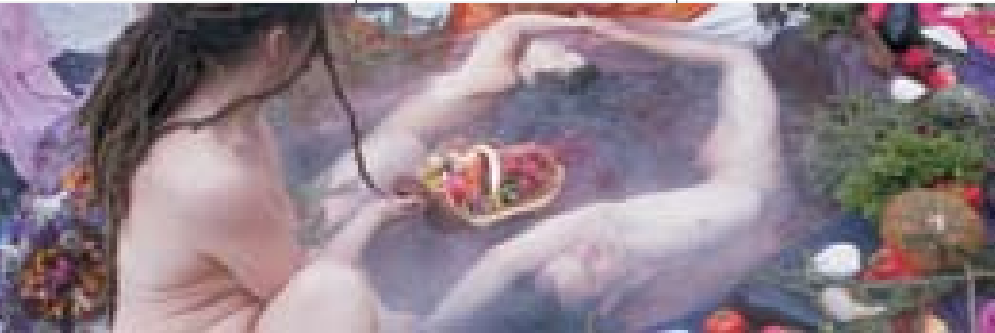
TUESDAY

WEDNESDAY

THORSDAY

FRIDAY

SATURSDAY



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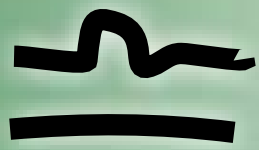
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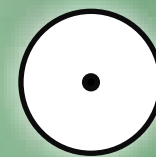


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# LIBRA



LIBRA



22ND SEPTEMBER 2012 - 22ND OCTOBER 2012

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MOONSDAY

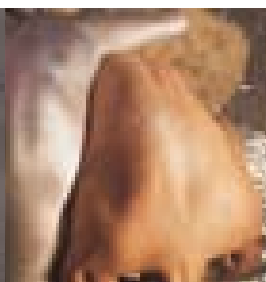
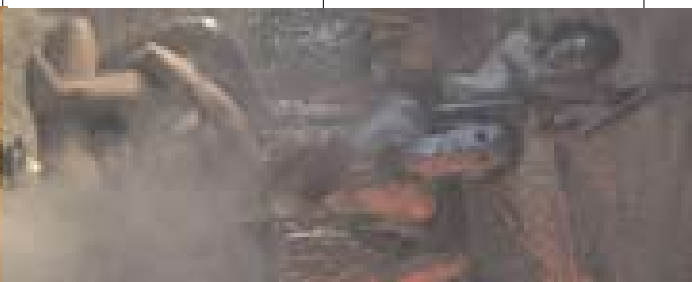
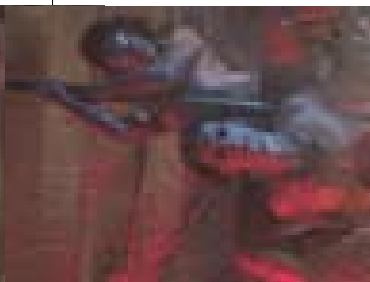
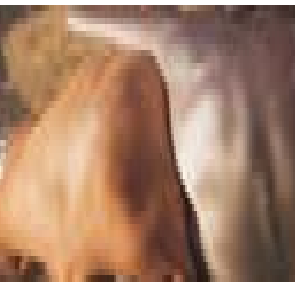
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURNSDAY



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FALL EQUINOX

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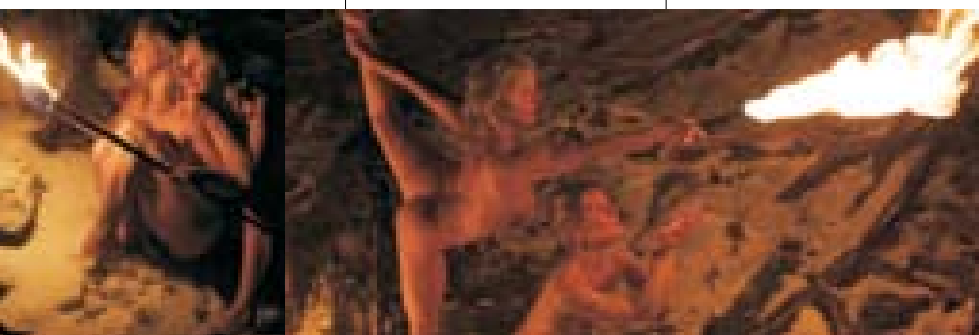
# 4 SAGITTARIUS



## II CEWINI ☾

21ST NOVEMBER 2012 – 21ST DECEMBER 2012

SUNDAY	MOONSDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURNSDAY
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16	17	18	19	20 ☾ 29 ♏ 00:20 EST	21 ☉ ☽ ♏ 21 06:13 EST WINTER SOLSTICE	
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# THANK YOU: ASTRO YOGA FAMILY

## ARIES: ASTRID JIRKA




ASTRID IS A CERTIFIED VINYASA YOGA INSTRUCTOR THROUGH THE SANTOSHA YOGA CENTER OF ITHACA, NY WHERE SHE NOW PRACTICES AND TEACHES IYENGAR, HATHA AND VINYASA YOGA - EMPHASIZING THE CONNECTION OF BREATH AND MOVEMENT, WHILE ALSO PAYING ATTENTION TO THE ALIGNMENT OF THE POSES. LATELY SHE HAS ALSO BEEN DELVING INTO THE WORLD OF PARTNER AND ACROYOGA. ASTRID IS GREATLY IMPRESSED BY YOGA'S UNIQUE TEACHINGS WHICH CAN TRANSCEND RELIGIONS, NATIONS, RACE AND OTHER HUMAN DIVISIONS. WHILE DEEPLY RESPECTING AND HONORING THE ANCIENT ROOTS OF YOGA IN INDIA, SHE IS ALSO INTERESTED IN INCORPORATING OTHER CULTURAL METAPHORS INTO THE YOGA PRACTICE IN ORDER TO CREATE A UNIVERSAL SPACE FOR PEACE AND UNITY, WITHIN AND WITHOUT. PLEASE VISIT [ASTROYOGA.MOONFRUIT.COM](http://ASTROYOGA.MOONFRUIT.COM)

## TAURUS: ETHAN SISSER



"ETHAN SISSER IS A CERTIFIED SOMAVEDA THAI YOGA PRACTITIONER AND INSTRUCTOR. HE IS ALSO A CERTIFIED YOGA INSTRUCTOR. HE CURRENTLY HAS A PRIVATE PRACTICE IN ITHACA, NY OFFERING PEOPLE HEALING AND HELPING THEM BRING BALANCE INTO THEIR LIVES ON ALL LEVELS. ETHAN ALSO FACILITATES SOMAVEDA THAI YOGA CERTIFICATION TRAININGS IN ITHACA NY. HE BELIEVES THAT WE ARE MOVING INTO A TIME OF PERSONAL RESPONSIBILITY, FILLED WITH OPPORTUNITIES OF SELF-HEALING, SELF-KNOWLEDGE, AND GREATER CONNECTIONS, AND HE IS PROUD TO BE A PART OF THE SHIFT. FOR MORE INFORMATION VISIT [WWW.ETHANYOGA.COM](http://WWW.ETHANYOGA.COM)."

## GEMINI: JENNIFER KROON




JEN PRACTICES INTERDISCIPLINARY YOGA, AND HAS BEEN AN RN OF LABOR AND DELIVERY SINCE '92. SHE INSTRUCTS NATURAL AND CLINICAL CHILDBIRTH CLASSES AND IS ALSO A REFLEXOLOGY AND BODY WORKER WHO HAS BEEN CERTIFIED SINCE '96. JENNIFER IS A MOTHER WHO PRACTICES CHRISTIANITY AND IS ALSO AN AVID TRAPEZE ARTIST. SINGING IS HER POWERFUL FORM OF EXPRESSION AND WAY OF CONNECTING. IN GRATITUDE, GENEROSITY, AND LOVING ACCEPTANCE, SHE ACCEPTS THE DIVINE FEMININE AS PART OF HER DAILY PRACTICE OF CONNECTING WITH SPIRIT IN ALL OF HER FORMS. SHE PREFERS A UNIVERSAL SPIRITUALITY WHICH HONORS THAT WE ARE ALL ONE.

## CANCER: AOISE STRATFORD



AOISE IS A PLAYWRIGHT WHOSE PLAYS HAVE BEEN PRODUCED IN EUROPE, ENGLAND, CANADA, AUSTRALIA, AND THROUGHOUT THE USA. SHE HAS WON SEVERAL AWARDS AND BEEN NOMINATED FOR AN AMERICAN THEATRE CRITICS ASSOCIATION NEW PLAY AWARD. SHE TRIES TO BRING THE FOCUS AND OPENNESS OF THE YOGA MAT TO HER WRITING AND FINDS BEING IN THE NATURAL WORLD VERY INSPIRING.


## LEO: LYCA MIKHAEL



LYCA IS A LEO IN THE MOST PRIMITIVE SENSE: ONE WITH THE FIRE. HE IS THE FIXED SIGN OF SUMMER; A GENTLY OVERSEEING CAT WITH EYES OF YESTERDAY, HANDS OF THIS MOMENT, AND A HEART WHO'S CORE SHEDS LIGHT INTO TOMORROW'S UNSEEN. HIS WORK IN DESIGN AND PERFORMANCE TAKE THE FIRE OF HEART AND SHAPE-SHIFTING FLOW OF MOVEMENT TO A PLACE WHERE WE MIGHT BOTH REMEMBER AND DISCOVER THE PLACES OF LIGHT, LOVE AND LAUGHTER.

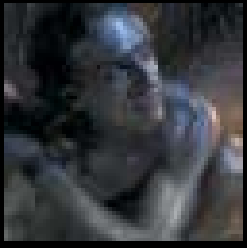
~ LYCA MIKHAEL DESIGN & LYCAONFIRE FLOW ARTS ~

## VIRGO: LENNESSA SHANTAYA



CURRENTLY SERVES AS CREATIVE DIRECTOR OF TRANSFORM YOGA CENTER IN ITHACA, NY AND SENIOR INSTRUCTOR OF KAIVALYA ACADEMY'S 200-HOUR ASHTANGA YOGA TEACHER TRAINING PROGRAM. LENNESSA'S DEEP APPRECIATION FOR TRADITION AND NATURE LINKS TO THE ROOTS AND HEARTS OF VARIOUS LINEAGES, INCLUDING RAJA YOGA, WILDCRAFTING, AND NATIVE SPIRITUALISM. HER PRACTICES OF PERSONAL DIVINATION, RITUAL, AND CONTEMPLATION LEADS HER TO A LIFESTYLE OF COMMUNION WITH MOTHER EARTH AND HER INHABITANTS. LENNESSA'S VISION AND LIGHT IS FOCUSED ON TEACHING; BUILDING A YOGA ASHRAM ON HER 95 ACRES; AND PARENTING HER HIGHEST TEACHERS. [WWW.TRANSFORMYOGAITHACA.COM](http://WWW.TRANSFORMYOGAITHACA.COM)

## LIBRA: NEAL WECKER



NEAL'S TRUTH, MOVEMENT BASED CLASSES, AND SEXUALITY WORKSHOPS ARE ALWAYS IN REVERENCE AND REMEMBRANCE OF THE BODY, TO REVERE AND REMEMBER THE PLEASURES AND GIFTS OF EMBODIMENT. INSPIRED BY THE TANTRIC PRINCIPLE THAT WE ARE SPIRITS-IN-FORM MICROCOSM OF THE UNIVERSE TO BE EXPLORED, ENJOYED, AND KNOWN, NEAL'S CLASSES ARE A MIX OF EXPRESSIVE DANCE RITUALS, CELEBRATIONS, AND INQUIRIES INTO THE NATURE OF OUR PHYSICAL, EMOTIONAL, EROTIC, AND SPIRITUAL BODIES. NEAL IS A SEX COACH AND SOMATIC SEX EDUCATOR [WWW.EROSSANCTUARY.COM](http://WWW.EROSSANCTUARY.COM)

AND MEMBER OF THE ITHACA BASED ACADEMY OF MUSES DANCE COLLECTIVE [WWW.ACADEMYOFMUSES.COM](http://WWW.ACADEMYOFMUSES.COM) HE ALSO A STUDENT OF THE ASHTANGA YOGA PATH.



LIBRA: ANNA NOON

ANNA IS AN INTERNATIONAL FITNESS PROFESSIONAL PRESENTING ON 3 CONTINENTS FOR DANCE AND FUNCTIONAL FITNESS. SHE PRACTICES WESTERN MEDICINE AND HOLISTIC HEALTH HELPING TO HEAL THOSE WHO CROSS HER PATH. SHE EMBRACES THE BEAUTY OF CREATIVITY AND SELF EXPRESSION.



SCORPIO: FRIEDE RICA

FRIEDE TOOK HER FIRST YOGA CLASS TEN YEARS AGO AND COULDN'T EVEN TOUCH HER TOES. SINCE THEN SHE HAS BEEN PRACTICING THE WONDERFUL ART OF YOGA ON THE REGULAR. FOR THE PAST THREE YEARS SHE HAS STUDIED, PRACTICED AND PERFORMED ACRO-YOGA IN THE MINNEAPOLIS AREA BEFORE MOVING OUT TO ITHACA ONE YEAR AGO TO PURSUE HER OTHER PASSION FOR HERBAL MEDICINE. SHE IS THE DIRECTOR OF THE LITTLE KNIFE BOTANICAL SANCTUARY IN NE MINNESOTA IN THE SUMMERS AND TEACHES PRE-SCHOOLERS HOW TO BE KIND TO EACH OTHER DURING THE REST OF THE YEAR.



SCORPIO: AMANDA MORETTI

AMANDA IS A DANCER WHO TEACHES IN ITHACA. SHE TEACHES BALLET TO CHILDREN, MODERN DANCE AND IMPROVISATION. SHE STUDIED AT NAROPA INSTITUTE AND RECEIVED A B.A. IN DANCE. SHE LOVES BUTOH DANCE AND FOLLOW THAT DIRECTION. ONE OF HER TEACHERS IS VANGELINE FROM NYC [WWW.VANGELINE.COM](http://www.vangeline.com). SHE CHOREOGRAPHS FOR YOUTH AND INSPIRES THEM TO FIND THEIR AUTHENTIC SELVES IN DANCE. IF YOU WOULD LIKE TO CONTACT HER EMAIL [MADHUBAN6@YAHOO.COM](mailto:MADHUBAN6@YAHOO.COM)



SAGGITARIUS: KAREN PURCELL

KAREN WAS BORN AND RAISED IN CHILE. SHE CAME TO THE US WHEN SHE WAS 16 YEARS OLD AND LEARNED TO ESCAPE LIFE THROUGH DANCE. HER EARLY TRAINING IN BALLET BECAME THE FOUNDATION FOR HER LIFE-LONG LOVE OF MOVEMENT. KAREN WAS INTRODUCED TO CUNNINGHAM TECHNIQUE AS AN UNDERGRADUATE AT CORNELL. AFTER GRADUATING, KAREN STUDIED UNDER FULL SCHOLARSHIP AT THE CUNNINGHAM STUDIO IN NEW YORK CITY AND PERFORMED WITH INDEPENDENT CHOREOGRAPHERS. IN 2003 KAREN BECAME PART OF AN ITHACA-BASED YOGA-DANCE PERFORMANCE GROUP: THE PRANADHANAS: [WWW.PRANADHANAS.COM](http://www.pranadhanas.com). KAREN'S YOGA TRAINING INCLUDES BIKRAM, VINYASA, AND ASHTANGA. SHE TEACHES CLASSES AND WORKSHOPS IN MODERN DANCE, YOGA, IMPROV, CHOREOGRAPHY, AND YOGADANCE.



CAPRICORN: MIKEY SHANTAYA

MIKEY HAS PRACTICED A LIFETIME OF SERVING CREATION THROUGH SELF-REFINEMENT AND DEVOTION TO OTHERS. HIS CONNECTION TO DIVINITY HAS BEEN FOSTERED THROUGH CONTEMPLATIVE PRACTICES WITH PEOPLE AND PLANTS THROUGH LANDSCAPING, FARMING, MEDITATION, AND YOGA FROM COAST TO COAST. IN 2011, MIKEY RECEIVED CERTIFICATION IN ASHTANGA-INSPIRED VINYASA YOGA FROM THE KAIVALYA ACADEMY IN ITHACA, NY. HIS CURRENT OCCUPATIONS INCLUDE HATHA YOGA INSTRUCTION AT ITHACA-BASED STUDIOS; CULTIVATING A YOGA RETREAT CENTER IN THE FINGER LAKES REGION; AND PARENTING HIS HIGHEST TEACHERS.



AQUARIUS: CRYSTAL AMETHYST

CRYSTAL PRACTICES ORGANIC VEGETABLE FARMING IN THE FINGER LAKES REGION AND IS INVOLVED IN GROUNDSWELL'S NEW FARMER TRAINING PROGRAM TO RECEIVE A CERTIFICATE IN SUSTAINABLE AGRICULTURE. WHEN SHE IS NOT OUT IN THE FIELDS, AMETHYST CAN BE FOUND IN THE KITCHEN DEVELOPING DELICIOUS GLUTEN-FREE RECIPES TO SHARE WITH FRIENDS AND FAMILY, SPINNING POI, PRACTICING YOGA IN WATERFALLS, RUNNING, DANCING, AND DOCUMENTING THE BEAUTY AROUND HER THROUGH PHOTOGRAPHY. SHE ENJOYS WORKING WITH THE FLOWER OF LIFE PATTERN TO BETTER UNDERSTAND HER CONNECTIONS TO THE WORLD AROUND HER. FOR PHOTOGRAPHY, VISIT [HTTP://WWW.FLICKR.COM/PHOTOS/CRYSTAL\\_CALABRESE](http://www.flickr.com/photos/crystal_calabrese); FOR CUSTOM GLUTEN-FREE CAKES AND OTHER BAKED GOODS OR INQUIRIES, SEND A MESSAGE TO [AMETHYSTCRYSTALO214@GMAIL.COM](mailto:AMETHYSTCRYSTALO214@GMAIL.COM).



PISCES: PETER KARIG

PETER IS A YOGA TEACHER WHO HAS WORKED THRU SOME INJURIES, AND KEEPS A POSITIVE ATTITUDE. HE IS A 'DIVE IN' KIND OF GUY WHO HAS DEEP STAMINA WHICH HE APPLIES TO LANDSCAPING, DRUMMING, AND PHILANTHROPIC YOGA. PETER HAS BEEN A STUDENT OF YOGA SINCE 10, AND IS A CERTIFIED BIKRAM'S YOGA TEACHER FOR 15 YEARS. A MASSAGE THERAPIST FROM THE FLORIDA SCHOOL OF MASSAGE, HE IS EXPLORING MANY STYLES OF YOGIC DISCIPLINES AND HEALING ARTS SUCH AS KUNG FU AND QIGONG.



PISCES: JAMIE SPARKS

JAMIE HAS BEEN PASSIONATE ABOUT MOVEMENT SINCE SHE FIRST DISCOVERED DANCE AT AGE 3. WHILE LIVING IN A REMOTE PART OF THE SIERRA MOUNTAINS, SHE FELL IN LOVE WITH YOGA, AND TAUGHT HERSELF THE ENTIRE ASHTANGA SERIES! SOON SHE BEGAN TO TEACH AND STUDY YOGA MORE SERIOUSLY WITH TEACHERS SUCH AS: DAVID SWENSON, ROD STRYKER AND SHIVA REA. SHE IS DISCIPLINED AS A TEACHER OF ASHTANGA, ANUSARA, PURE YOGA, IYENGAR STYLES, AS WELL AS ACROBATIC AND PARTNER YOGA. JAMIE IS ALSO AN HERBALIST AND LICENSED MASSAGE THERAPIST WHO EMPOWERS OTHERS TO FEEL CONFIDENT ABOUT TAKING HEALING INTO THEIR OWN HANDS. FOR MORE ON JAMIE PLEASE SEE HER WEBSITE AT:

[WWW.JAMIESPARKS.WEBS.COM](http://WWW.JAMIESPARKS.WEBS.COM).

## DAMARIS AND 12TH MOON

THEIR RELATIONSHIP SPARKED AT WINTER SOLSTICE 2007 EXACTLY 13 DAYS BETWEEN THEIR BIRTHDAYS. THEY, THEMSELVES ARE A SWEET EXAMPLE OF AN INTEGRATION OF OPPOSITES, BRINGING THEIR TALENTS AND ENERGY TOGETHER TO CREATE WORKS LIKE THIS CALENDAR. THEY ARE DEVOTED TO ONE ANOTHER IN LOVE AND LIFE, AND HAVE ACCEPTED EACH OTHER'S DAUGHTER'S INTO THEIR HEARTS. THEY LIVE TOGETHER IN ITHACA, NY WITH THEIR INTEGRATED FAMILY.



### DAMARIS: SAGITTARIUS

DAMARIS IS A CONCEPT PORTRAIT PHOTOGRAPHER, DIRECTOR OF PHOTOGRAPHY, AND HAS BEEN A PROFESSIONAL PHOTOGRAPHER FOR OVER A DECADE WORKING PRIMARILY WITH WOMEN TO REFLECT AND ARTICULATE THEIR DIVINE FEMININE CREATIVE SPIRIT. SHE IS A KUNDALINI YOGA TEACHER WHO LOVES WRITING AND DANCING, AND IS A STUDENT OF ASTROLOGY, MOTHERHOOD AND TAROT. SHE HAS ALWAYS DREAMT OF SOMEDAY MAKING MOVIES, AND CREATING PERFORMANCE ART. AN ONLY CHILD, SHE GREW UP ON THE BORDER, IN TEXAS, AND ALWAYS HAS LOVED EXPLORING A DIVERSITY OF COMMUNICATION AND EXPRESSION. AFTER STUDYING FILM IN AUSTIN, SHE MOVED TO ITHACA, NY IN 2001 FOR HER FIRST SATURN RETURN.

### 12<sup>TH</sup> MOON: CAPRICORN

12<sup>TH</sup> MOON IS AN ASTROLOGER, FINE ARTIST, GRAPHIC ARTIST, REVEREND AND REIKI MASTER. HE RECEIVED A BFA FROM THE SCHOOL OF VISUAL ARTS IN 1975 AND HAS STUDIED ASTROLOGY AND HERBALISM SINCE '76, CRYSTAL AND GEMSTONE EARTH ENERGY WORK SINCE '88, AND GREEN BUILDING TECHNIQUES SINCE '99. HE LIVES IN ITHACA NY AND GIVES ASTROLOGICAL READINGS IN PERSON AND OVER THE PHONE. PRESENTLY, HE IS DEDICATED TO THE COOPERATIVE SOCIAL MOVEMENT BY CHANNELLING HIS LEADERSHIP INTO GREENSTAR NATURAL FOOD CO-OP OF ITHACA. HE ASKS THAT WE ALL HONOR THE EARTH, OUR HOME, AS THE 1<sup>ST</sup> NATION PEOPLES, AND THAT WE PROMOTE PEACE THOROUGH LOVE WITH INTENT.



# INTEGRATION OF OPPOSITES: ASTRO YOGA CALENDAR 2012



PHOTOGRAPHER: DAMARIS

GRAPHIC ARTIST: 12TH MOON

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