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## Press Release

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**The Fundació Joan Miró and YogaOne by DiR will be holding yoga sessions linked with Miró's work.**

**The *Yoga at the Miró* series, open to participants of all ages, will be held at the Foundation on Fridays and Saturdays in July, September and October.**

**Each session will begin with an introduction to the Joan Miró Collection and follow with a series of asanas (positions) led by a YogaOne by DiR instructor in the North Patio at the Foundation.**

**Barcelona, 7 July 2020.-** 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. His interest in Taoism and the influence of Zen philosophy are present in Miró's work and in his worldview. The merging of the natural world and his inner self, a progressive stripping down of elements on the canvas, an understanding of emptiness, and the communion of painting and writing are all elements that tie into the essence of yoga.

Bearing in mind this spiritual sense that is so relevant to Miró's work, the Fundació is offering [Yoga at the Miró](#), a three-month series of sessions combining yoga with observations about works from the Joan Miró Collection. Each one of the selected pieces will be related to one of the seven levels of awareness that form part of the human body's energy system and which yoga practice focuses upon. Participants will be able to view Miró's work as a path from the material to the absolute.

Each session will begin with a visit to the Joan Miró Collection followed by a second part with a series of asanas (yoga poses) led by a YogaOne by DiR instructor in the North Patio at the Fundació. The sessions will be held on Fridays and Saturdays from



6:30 to 8:30 p.m. in July, September and October 2020. Tickets can be purchased for 18 euros per session at the [website of the Fundació](#).

Every weekend, two sessions will be devoted to one of these levels of awareness and to the piece by Miró that represents it:

- 10 and 11 July: [Material Awareness](#), based on the painting *Village and church of Mont-roig*, 1919.
- 17 and 18 July: [Creative Awareness](#), based on the painting *Woman and birds at sunrise*, 1946.
- 24 and 25 July: [Life Awareness](#), based on the painting *The gold of the azure*, 1967.
- 31 July and 1 August: [Awareness of Unity](#), based on the painting *The lark's wing encircled with golden blue rejoins the heart of the poppy sleeping on the diamond-studded meadow*, 1967.
- 4 and 5 September: [Observational Awareness](#), based on the painting *Self-portrait*, 1937-60
- 18 and 19 September: [Communicative Awareness](#), based on the painting *The half-open sky gives us hope*, 1954.
- 25 and 26 September: [Absolute Awareness](#), based on *Painting on white background for the cell of a recluse*, 1968.

The sessions held in October will focus on each one of these levels of awareness and on a related piece by Joan Miró.

Through this project, the Fundació Joan Miró and YogaOne by DiR explore new ways of interrelating art and yoga, highlighting the common ground in their values and the potential for accompanying people on their path towards self-knowledge through observation and meditation. This collaboration between the two organizations will extend into the Global Yoga Congress to be held on 11, 12 and 13 September. This year, the Fundació Joan Miró will be hosting this world-renowned professional yoga meeting in Barcelona.

In collaboration with

**YogaOne**  
by DiR

**Fundació Joan Miró**  Barcelona

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