What is Spider Medicine? Yoga teacher and sound healer, Sangeeta Laura Biagi shares her multidisciplinary and multicultural method, based on academic research and embodied practice. Sangeeta’s dissertation in Performance Studies (NYU) “Tarantismo,” examines traditional rituals from Apulia, in Southern Italy, involving spider bites and ritual healing. The Spider Medicine method now incorporates Raja Yoga and Hopi Native American teachings, inspired by feminine spider archetypes from Italy, India, and the American Southwest. The workshop includes: facts about arachnids, spider imagery, yoga-based practices, and embodied imagination exercises. Participants are invited to bring a bottle of water, pen and paper, and wear comfortable clothes. Sangeeta Laura Biagi is a Visiting Assistant Professor in the Italian Department at Vassar College. She is passionate about the arts, yoga, sustainable living and architecture, wellness travel and veganism. For more information, visit www.sangeetayoga.org and on Facebook: /spidermedicineblog

Sponsored by the Carolyn Grant Endowment Fund, and it is open to students, faculty and staff

Workshops

Dates (choose one): Wednesday March 4, or Wednesday April 22, 2015 at Kenyon Club Room (KH), from 6 p.m. to 7:30 p.m. on both dates.

Pre-registration is necessary as there will be a limited number of participants. To sign up, please e-mail Professor Jarow at jarow@vassar.edu stating in the subject: Spider Medicine and your selected date.

Individuals with disabilities requiring accommodations or information on accessibility should contact the Campus Activities Office, (845) 437-5370.