



ART FAST

Sep 21 - Sep 30, 2017

THE INSPIRATION

Art Fast is a cultural mapping process, through which people from different cultures can experience the universal elements of Hindu philosophy through a medium/practice that they best understand and relate to. Art Fast is centered on a 9-day Hindu festival called Navaratri. The essence of this festival is to connect with the divine creative energy that resides within all of us. While devoted Hindus fast (minimize food intake) during this festival in honor of the Goddess, Art Fast participants fast on their creative process / daily distractions and rejuvenate / discover their creative spirit.

PARTICIPATING IN THE FAST

Fasting is a form of constraint and Art Fast is based on the premise that constraints can lead to creativity. Many of the artists who participated in the previous sessions of Art Fast reported having breakthroughs in their art practice. The mode of participation depends on the individuals identifying themselves as creative/non-creative.

1. For those who are already in a creative field:

Fasting is equivalent to abstaining from usual art materials and art processes, and seeing how their creativity flows.

2. For those who are not already in a creative field and wish to explore their creative side:

Fasting is equivalent to removing daily distractions/hobbies and indulging in a creative challenge.

The process lasts 9 days and coincides with the Navaratri Festival, in which 3 primary forms* of the divine feminine are worshipped. For the first three days, Shakti – the warrior goddess, is worshipped to inspire courage and find our inner strength. For the next three days, Laxmi – the goddess of wealth, prosperity and beauty, is worshipped to help provide the means to live our daily lives in accordance with Dharma. For the last three days, Saraswati – the goddess of learning, wisdom and creativity, is worshipped to understand the truths underlying all existence. Participants are encouraged to find parallels in their Art Fast process and map their journey in a similar fashion.

PARTICIPATING IN EVENTS

Art Fast has the characteristics of any festival — celebrating together with music, dance, fashion, food and shared experiences. Art Fast has several events that are uniquely designed to create a transformational cultural experience. Creative professionals who insist on active participation and inspire creative thinking in various forms, such as music, dance, performance, visual art, fashion, food etc, lead these events. These usually take the form of workshops and panel discussions and are organized in New York City, where Art Fast is based. Art Fast participants are encouraged to attend these events to help complement their fasting experiences and engage with other participants.



ART FAST EVENTS

ART & DESIGN WORKSHOPS

Exploring art with spirituality in a studio workshop
Learning to wear a sari
Designing your own dress

DANCE WORKSHOPS

Dance Story-Telling
Mudras of Bharatanatyam
Action Meditation through Martial Arts
Dandiya & Divada dance

MUSIC WORKSHOPS

Chanting hymns and bhajans in Sanskrit
Participatory improv music techniques

TALKS

Silence of Photography
Festive Food

On the 10th day, celebrated as a day of victory of the Goddess over the negative elements, it is customary for Hindus to worship books, tools and equipment that help in their daily professions. This will be the day when Art Fast participants “Break the fast” and will be marked by an event in the form of an art gallery/social to which both participants and the general community are invited. On this day, Art Fast participants are encouraged to share their journey and celebrate with other participants and attendees.

* This is one of the diverse forms of Goddess worship in Hinduism.

TESTIMONIALS

“What a lovely atmosphere you created. And such trouble you went to.”
— *Rajika Puri, performed at one AF event. Curator of Erasing Borders Indian Festival of Dance*

“I feel very privileged to have shared what I have learned and feel with those whose heritage and lives are saturated with these truths.”
— *Ann Pachner, led an AF art workshop. Professional Visual Artist*

“The Break the Fast was so cozy and warm! I LOVE that we were able to talk and share, I saw the people’s interest. It was all sincere. Very glad I participated!.” — *Natalie Burlutskaya, an AF participant. Founder of Re:Artiste*

CURATOR & PRODUCER

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SUPPORTING ORGANIZATIONS

Barnard University
New York University
Indo-American Arts Council
Asian American Arts Council
Re:Artiste
SoHo Photo Gallery
A.I.R. Gallery

SUPPORTING ARTISTS

Rajika Puri
Ann Pachner
Daria Dorosh
Ajit Menon
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INSTITUTIONAL FUNDERS & SUPPORTERS



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