



STAR ARTS NEWS

December 2024

Featured Workshop for 2025

*Movement Workshop:
Let Your Yoga Dance with Megha Nancy Buttenheim*

About the Workshop

Let Your Yoga Dance – Where Joy and Fun Meet Deep and Sacred – is a 30 year-old transformational movement practice, created by Megha. It combines gentle yoga with user-friendly dance, qigong, and embodied positive psychology. It is a joy-filled journey through the chakras, the body's energy centers. The Let Your Yoga Dance mission is: To spread joy and consciousness throughout the world by transmitting body health, brain health, heart health to all populations. Let Your Yoga Dance is a practice that literally anyone can do because it is offered in a safe, compassionate, brave, and sacred space. Having trouble standing and moving on your feet? Then do the whole practice in your chair! Megha's credo: Everyone is a Dancer! If you are dancing below your standards, lower your standards and Dance in Joy!

In these daily classes at Star Island, you will discover the true meaning of the phrase: Where Joy and Fun meet Deep and Sacred. As you dance your yoga through the chakras, you start slowly in meditation with relevant poetry reading, then flows into moving yoga. The class gets faster and more lively as the class progresses through the chakras. As you move to the 6th chakra (ie: the third eye), you enter moving yoga cool down, Moon Salutation, and Dance Prayer. The class ends with relaxation and meditation. Be prepared, in this deeply joyous event, to reach within and find your daily DOSE of JOY. Dose stands for: Dopamine – Oxytocin – Serotonin – Endorphins. Let Your Yoga Dance promises that you'll feel far more joyous, healthy, and fit at the end of class!

Megha will also be leading our Solstice Celebration this year on Star Island. To learn more about the Celebration and Megha visit our website: stararts.org



Photos from the top down: Megha Nancy Buttenheim, Megha in Tree Pose, Megha leading a class, Photos submitted by Peggy White

Star Arts 2025
Sunday June 15th to Sunday June 22nd
Registration will open in January of 2025





Evening Chapel on Star Island 2024, Photo by Parrish Dobson.

Help Promote Star Arts!

You can help Star Arts grow in 2025. Use the promotional flyer included on the 3rd page to invite family and friends to join in the fun of Arts week. Share it with your church or arts organization too. Just print it and add your own name and contact info if you want to field any questions people may have. Scanning the QR code will take you directly to the Star Arts website where detailed program information will be available very soon.

New Treasurer

The Finance Committee is pleased to let everyone know that Elizabeth Gerber has stepped up to be our Treasurer! Here's a little more about Elizabeth:

"Born and bred in Rockaway on Long Island, I come naturally by my love of the ocean and islands. I live in the Chelsea neighborhood of Manhattan, and I've been coming to Star since 2012. For almost thirty years, until I retired, I had a consulting practice serving the financial operational needs of nonprofits and small businesses. Prior to starting my own business, I was a Vice President at The Bank of New York; and Assistant Commissioner of Finance of the City of New York. Previously, I held various positions in international banking and business consulting at Chase Bank. I hold a B.A. from the City University of New York and an M.A. from Harvard University."

Star Island Auction

Star Island's online auction is currently underway! Funds go to help maintain beautiful Star Island! Check out some of the items up for bid! Auction ends December 12th.

<https://www.charityauctionstoday.com/bid/starislandholidayauction>



The Oceanic on Star Island, photo by Karen Schulz

Deadline for Next Newsletter!

The Deadline for the next Newsletter will be January 1st! If you would like to include pictures, art, poetry and/or news please submit items to: stararts.newsletter@gmail.com

(Questions about Star Arts, you can email Barbara Reynolds at stararts.registrar@gmail.com)





Sharing the joy of creating



June 15-22, 2025

Star Arts is a week-long creative gathering on beautiful Star Island, NH.

Open to adults 18 and over, it offers a broad spectrum of inspiring artistic opportunities to appeal to everyone, regardless of level of experience. Morning workshops offer a choice of:

- **Visual Arts**
- **Photography**
- **Dance**
- **Writing**
- **Theater**

Afternoon and evening activities include a poetry reading, a storytelling event, music making, art show, talent show, and other spontaneous adventures to nourish creativity and spiritual reflection — all in a breathtakingly beautiful and supportive environment. **Star Arts** is a safe and affirming community nurturing interpersonal connection.

“The week is always perfect — perfect people, perfect activities, perfect island.”

To learn more, visit stararts.org

Questions? Contact: _____

