

Workshop by author of 'The Glamour of Being Real'

Scholar, teacher, and artist Joanna Frueh will conduct a workshop at Sierra Nevada College (999 Tahoe Blvd., David Hall, 3rd floor, Incline Village) on March 2 from 1-3:30pm.

The workshop is limited to 25 people. There is a \$10 fee that includes a copy of the book "The Glamour of Being Real". The book and workshops focus participants on being true to themselves through practices of self-transformation and conscious self-creation.

"The Glamour of Being Real" evolved from Frueh's work and performances to celebrate beauty and the body and is one of several books authored by the artist. Frueh's multifaceted focus on those subjects includes research and experience, such as her study of emotions and sensations and of the female body in art and culture and engagement with yoga as a continuing education of soul-and-mind-inseparable-from-body. The book is a sutra, a series of concise, related statements, each one also being a sutra, whose aphoristic nature is intended to make possible memorization by a student.

To register for the workshop, go online. For questions about the workshop or program, contact Logan Lape at llape@sierranevada.edu.