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## Yoga North gets facelift

By Marie LeBlanc on December 1, 2014

Posted in Arts & Entertainment, Downtown, Environment, Health & Safety



The new mural on Yoga North's building fits right in with the surroundings.

Mural artist Jason Botkin has given Yoga North, at 894 Westminster Ave., a facelift; and the name of the mural is perfect for the season.

Over a year ago, Janine Gobeil (co-owner of Yoga North) was admiring some of Botkin's work at a restaurant in Montreal. The owner of the restaurant, a friend of the Montreal-based artist, noticed her interest in Botkin's work.

By fate, Botkin happened to be in the restaurant, where his friend introduced him to Gobeil. Thus, the budding idea of a mural began, which would soon branch out to become a beautiful piece of art.

## DAILY NEWS PODCAST



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## PHOTO OF THE DAY



On the bandwagon: a sign of the times at a local donut shop. No word yet on official bagels or perogies. PHOTO by Greg Petzold

Submit your Photo here!

Check out our Photo of the Day Gallery!

## RIVER CITY 360



Botkin worked intensely on the mural this past summer.

Botkin calls it, 'Birch Tree In Winter'.

Oddly enough, shortly before Botkin's arrival, Yoga North was tagged, along with other buildings in the area.

Botkin, a professional mural artist with a Fine Arts Degree, says the mural is a reflection of winter, representing the spirit of Yoga North's practice in the Wolseley neighbourhood, surrounded by trees.



One must be able to see the forest through the trees to do this kind of art.

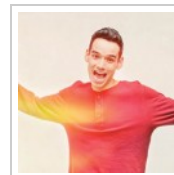
The "Birch Tree In Winter" mural is a basic design, where the raw brick shows through, revealing the colour of the brick and the pattern of the birch trees. The top is a purple skyline with an ivory to butterscotch shading that represents snow at the bottom.

With winter at hand, November was the perfect month to unveil it.



Listen to audio stories from **River City 360**, a project of The Winnipeg Foundation, in partnership with Community News Commons and 93.7 CJNU-FM.

### LOCAL HEROES



**Michael Champagne and AYO empowered by YVS**

By Kerry Ryan on January 7, 2016

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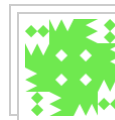
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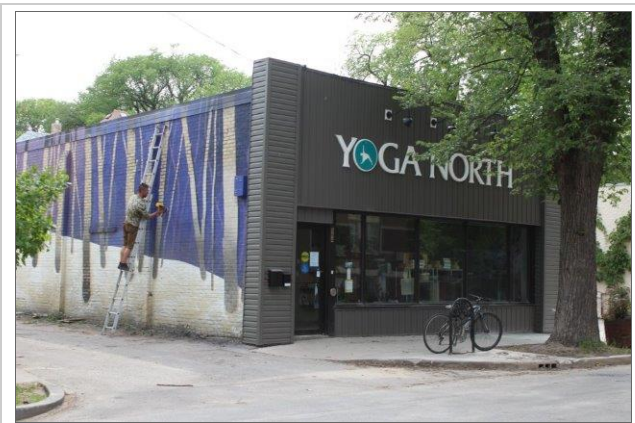
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Botkin is known the world over for his work on murals.

Yoga North's logo design has a tree theme. To Gobeil, trees represent peacefulness and serenity which ties in with yoga and the Wolseley area. All trees have roots and are grounded to the earth; similar to the human body which grows upward while being grounded to the earth; breath infuses the human body through different branches of life and through many types of yoga.



Each of Botkin's murals are unique to the environment in which they are created.

Botkin came to Winnipeg this past July, where he worked with passion through torrential rains to meet his deadline at Yoga North. Wearing his mask while using a spray gun, the soft spoken Botkin was very humble about his great accomplishments generally, and specifically about the amazing transformation he was creating on the east facing wall of Yoga North.



The artist signed his work as he was nearing completion.

At the time, Botkin was also busy with family and friends in Winnipeg, where he was participating in a planned mural at the Winnipeg Folk Festival with **EN MASSE**, a Montreal-based, multi-artist collaborative drawing project, of which Botkin is co-creator and director.

Botkin says EN MASSE was founded to “bring artists together as a whole group” with various artistic backgrounds to collaborate on large murals. The goal is for the mural, created by a group of artists brought together through EN MASSE sharing their talents at the Winnipeg Folk Festival, could be used as a backdrop for the stage at the festival next year.

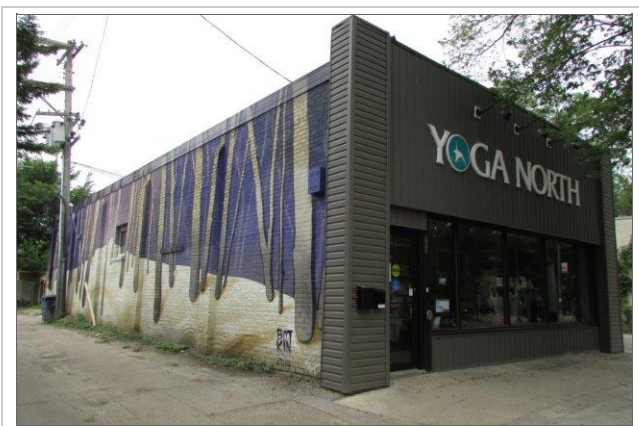
Botkin’s artistic talents not only made a huge impact on the artistic world during his time here in Winnipeg, the collaboration of Botkin and Gobeil has also enhanced the ever so beautiful Wolseley area.



Botkin says his murals are a reflection of the surrounding environment.

Yoga North’s peaceful environment and caring attitude towards each person who walks through their door shows their commitment and compassion for the people in the Wolseley neighbourhood and throughout Winnipeg. They offer a variety of classes and can assist people with disabilities (both visible and invisible). The first class is free.

With the cold weather, and the matching mural on the side of their building, Yoga North is a welcoming place to warm up your body, mind and soul.



Once finished, the only thing left was to wait...



...for the matching snow.

All photos by Marie LeBlanc

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**About Marie LeBlanc**

Marie is an artist, poet, photographer, with a background in alternative health and Bachelor of Arts in Human Geography and Sociology (Advanced Major). She advocates and has been active in many committees to create awareness for people with various disabilities. She was awarded the Mental Health Volunteer Hero of the year in 2012 and has helped coordinate mental health walks. Marie believes creative expression through art and entertainment is healing for your body, mind and soul. She is extremely inventive, creative and resourceful. Other Interests include the environment, culture and just about anything due to her curious nature. She enjoys and has learned a lot through her experience writing and taking pictures for the community news commons.

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