

## 34 - BAUHAUS YOGA



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Millions of people around the world are searching to find states of relaxation and to improve their physical, mental, spiritual, and emotional well being. The two most popular practices are Yoga and Bauhaus. Although Bauhaus is sometimes too grey or monotonous to be loved by the masses, increasing numbers of an educated generation who are disgruntled with the limitations of their own traditions are looking for alternatives to integrate into their lives. Bauhaus and Yoga, both utopian, embody simplicity and practicality of progress. Their main goal is reaching perfection as a balance of body and mind. Yoga, literally meaning “the union of the mind and body,” is a demanding discipline.

There are many styles. They usually involve physical practices made up of postures combined with meditation and chanting. Some of the potential benefits of Yoga include strengthened and toned muscles, improved digestion and circulation and decreased fatigue. [...] Bauhaus formed in 1919 in Weimar aiming to transform everyday lifestyle, to reform and revitalize modern architecture and design, to combine high arts with minor arts, to create an environment that would satisfy man's spiritual, as well as material, needs. This spirit appears to have grown out of Bauhausers' dedication to principles, consistency in search, independence (whatever its price), love of society and social responsibility. [...] Bauhaus Yoga wants to grasp the past and present utopias by re-examining them, romanticizing them, and thereby building a new future based on resemblance and mutual attraction.

– “Bauhaus Yoga,” Paulina Olowska, Dot Dot Dot #6, 2003

Paulina Olowska,  
Bauhaus Yoga, 2001,  
photographic prints, 21.4 x 31.4 cm