



Yoga Peaks: An Adirondack Retreat Featuring Yoga, Art & Philosophy

Meet the Instructors

Anita Black, MS, MSW-LCSW, E-RYT 200, RYT 500, Certified Restorative Yoga Teacher

Introduced to yoga and meditation in grade school, I was called to the mat many times before immersing in the beauty and mystery of the practice almost 15 years ago. Trained through breathe yoga and Baron Baptiste in the Baptiste methodology, I aspire to awaken yogis to the transformative power of yoga, discovering how sensation leads to information and inspiration, through breath and awareness. I view Restorative Yoga, rest and rejuvenation, as the "sister practice" to vinyasa yoga and meditation as the beautiful red thread through all yoga practice.

Marianne Patinelli-Dubay, PhD

As a philosopher at SUNY ESF's Newcomb Campus I am dedicated to supporting and facilitating rich conversations across a range of disciplines, particularly bridging the arts and humanities with science. My longtime study of western philosophy, combined with an abiding love of yoga, has inspired a turn towards teaching the eastern traditions and philosophical foundations of yoga to students and teachers of the practice. I offer close reading and discussion seminars in foundational philosophical texts whose thoughtful, conversational unfolding will enrich your study and understanding of the discipline.

Frances Gaffney

I have been painting since 1974. After attending the Fashion Institute of Technology, I worked in New York as a textile designer. I worked both as a free-lance artist and as a full-time print designer in a commercial studio. I have taught drawing workshops at the Wild Center in Tupper Lake and the Visitor's Interpretive Centers in Paul Smiths, New York. I have also served as artist-in-residence at the Adirondack Museum and at the Adirondack Interpretive Center in Newcomb.