

Ikebana Workshops

With Gregory Gaiser

At the Asian American Resource Center (AARC)
8401 Cameron Road, Austin 78754

Saturdays, 1 to 3 p.m.

Session I, Oct. 10 (\$20)

Autumn Arrangement

Session II, Nov. 14 (\$20)

Harvest Arrangement

Session III, Dec. 12 (\$20)

Winter Holiday Arrangement

Session IV, Feb. 6 (\$25)

Special Arrangement - Lunar New
Year, Year of the Monkey

Register online www.austintexas.gov/aarc
or call 512-974-1700.



Ikebana is a contemplative practice of expressing gentleness and elegance through the art of simple flower arrangement. Ikebana, which means “give life to flowers” in Japanese, began in 11th century Japan when flowers were presented in shrines and temples. Much more than just arranging flowers, this practice mirrors the sacredness in the mind of the arranger, both in the arrangement and in the experience of the observer. Through this art form, the artist learns to train his or her perceptions to open in the harmony and natural order of the world.



ABOUT THE INSTRUCTOR

Gregory Gaiser first studied ikebana in Boulder, Colorado in the early 1990s with Sensei Kyoko Kita, a native Japanese ikebana instructor with over 50 years of experience. Sensei Kita gave Gregory the title of teacher and the flower name Hotetsu which means Clematis or Iron Flower in Japanese. Gregory later studied with Sensei Kika Shibata in San Jose, California, Gregory’s current mentor. Gregory is a native Texan and also teaches the Hakomi method of mindfulness based somatic psychotherapy.



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