

urns 48 yoga postures into 48 paintings - Omaha World-Herald: Web Edition Articles (NE) - March 30, 2017

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BOB BOSCO remembers the first time he did yoga over 20 years ago.

"I went to a yoga studio, and the postures seemed to activate my joints," he recalled. "I sparkled afterwards and thought it was something I should pursue."

Pursue he did, both as a practitioner and an artist. Initially prompted 10 years ago by his teacher, Margaret Hahn — the founder of the Omaha Yoga School — to illustrate a book she was writing, the associate professor of art at Creighton University took 8 years to create 48 paintings, all focusing on the intricacies of the sun salutation, a sequence of the distinct asana, or poses, performed across yoga disciplines. His paintings represent part two of Hahn's upcoming five-chapter book, "Yoga: The Discipline."

The process of creating the figurative representations has been physically and intellectually linked for the artist.

"I had the advantage of not only being able to paint the human figure but also of being able to do the poses," he said. "My body experiences the poses — and remembers them."

Bosco's paintings will be featured in the solo exhibition "A Painter's Yoga Journey" at **Gallery 1516**. A catalogue of the same title accompanies the show and includes full-page reproductions of each painting accompanied by a brief reflection on the facing page. An opening reception takes place 6 to 9 p.m. on Friday. The exhibition runs through April 23.

Gallery 1516 is located at **1516** Leavenworth St. For more information, gallery1516.org or 402-305-1510.