



RIGPA ARTS

YOUR PASSAGE TO SELF-DISCOVERY

www.rigpaarts.com

ABOUT RIGPA ARTS

means intelligence and awareness;
this word evokes the power of knowing our inner most
nature.

RIGPA, རིག་པ་

The mission of RIGPA ARTS is to guide and support as you
journey to discover your authentic self and live your life
with purpose and authenticity.

Does the bustling chaos of city living leave you stressed
and overwhelmed? Do you respond by building walls
within to stave off the pressures mounting from without?

Join us as we bring you closer to the healing power of
nature. We do this through our signature offerings of
awakening experiences that combine yoga, music and
hands on-healing.



WHO WE ARE

RIGPA ARTS is composed of Bone Lhamo Kyap and Laura Shirreff. We are a marriage of East and West, of soul and spirit, of aged and modern approaches.


Our story began in November 2013 at a music club on the Bund in Shanghai, China. Despite our vastly different upbringings, we had an instant soul connection. Our meeting was the start of a remarkable journey. Laura experienced first hand the rich culture of China's Northwest region and discovered a deeply rooted affinity with the land and its people, and Bone began to travel internationally, which offered opportunities to share his powerful voice and unique story of hardship and hope.

Since founding RIGPA ARTS together, we have hosted Yoga with Live Music events in Shanghai, New York and California and we are now offering retreats in the Tibetan region of Bone's hometown province.

Our journey continues and we look forward to having you share and be a part of our story.

BONE LHAMO KYAP

Bone grew up in the Gannan highland of Northwest China between Tibet, Mongolia and the Huangtu high ground. He was raised by his grandmother in a rural community and although his family had limited resources and opportunities, his passion for music filled his mind with possibilities and his heart with dreams. He began singing at a young age and at thirteen was afforded the rare opportunity to play guitar when he was gifted an old hand-me-down by a relative. He spent the rest of his teenage years experimenting with music on his own and with the help of his step-father. At eighteen, Bone left his home in Gansu and moved to Shanghai with two of his hometown brothers. They shared a small space in the loft of an old lane house and began working in an electronics factory. Despite the hardships of his new life, Bone's vision remained set on his greater purpose for music. Later, he and one of his brothers found work in a Turkish restaurant and encountered foreigners for the first time. Bone began to learn English and changed jobs, next working as a bartender at live music bars and eventually as a salesman in music shops on Jinling Road. He started to perform and mingle with Shanghai's best foreign musicians. Recognizing his unique voice and powerful charisma, they instantly became his friends and mentors and continue to encourage him to this day. Bone's music has evolved from performing Western cover songs to turning back to his roots, seeking an authentic sound and message that is healing for himself and anyone lucky enough to listen, while simultaneously preserving a dying cultural treasure passed to him from his earliest days in Gansu. Bone has been performing internationally since 2014 and his live music performances have become increasingly popular in Yoga Studios in Shanghai, China and now in California, in the San Francisco Bay Area.




"Bone is one of those artists who can immediately transport you to a different place.... who can pull you into the world his songs are painting. It's an amazing experience to work in the studio with him because there is this unspoken message and guidance that is being channelled through his songs which directs our every decision. It's much more than the notes played or the words sung....it cannot be explained with words. Bone has a gift."

**Michael Starita, 2 time GRAMMY®/Latin Grammy
recognized producer, engineer and artist, San Francisco, California, USA**

LAURA SHIRREFF

Laura grew up in a small town in Kent not far from London in the U.K. Studying at an International School, her passion for weaving, yoga and Asian studies began at sixteen years of age. Her first trip to Asia was to Thailand in 2001. She began to study Buddhist philosophy and Asian Art, which strongly influenced her creative and meditative practice. Since then and more than eighteen years later, her passions have remained intertwined. After her first year of college, she travelled to volunteer at a fair trade organization in Bali, Indonesia and later to Japan to study Japanese Traditional and Contemporary Textile Art. After graduating in 2008 from the Rhode Island School of Design with a major in Textiles and a minor in Asian Studies, she worked as a Textile Technician and founded a non profit in Providence R.I. Three years later, in 2011, she moved to Shanghai China, to work as a Textile Designer for ICICLE, one of China's first environmentally conscious fashion brands. As well as teaching yoga and practicing Reiki, Laura continues to work as a freelance textile professional, striving to collaborate with eco-conscious fashion brands. She strongly believes that the deep awareness and mindful attitude we nurture through yoga can and should be brought into our everyday lives, including the fashion and textile industries

* Laura is certified by the Yoga Alliance in yoga instruction (RYT-200), from the Kathmandu Center of Healing in Singing Bowl Therapy and Sound Healing and from the Institute of Holistic Health Sciences in Siam Reiki Healing, Pendulum Diagnosis and Crystal Therapy.

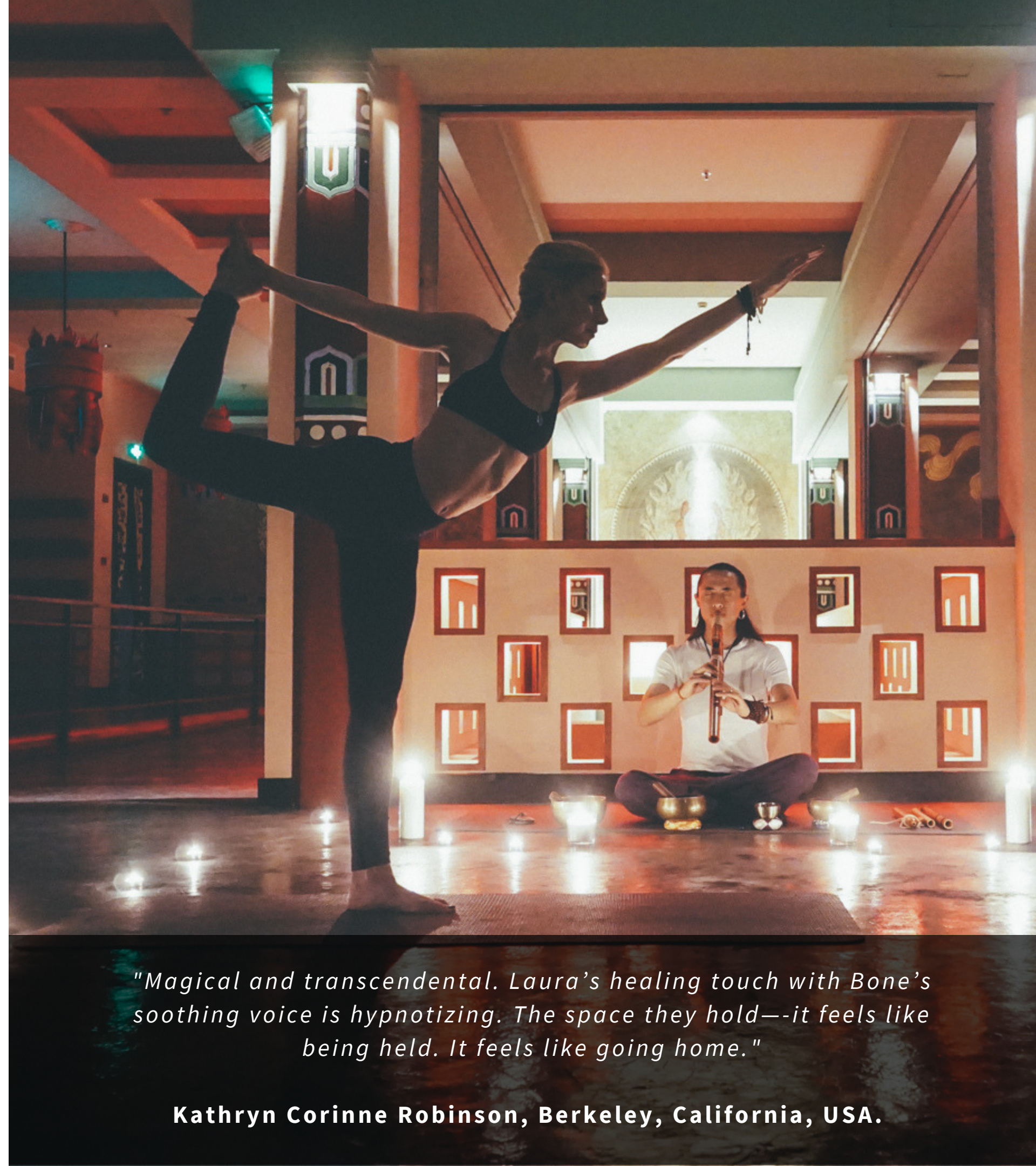


"The universe conspired to bring Laura to Shanghai at a time when I was dealing with some personal challenges. I wholeheartedly believe that the time she spent healing myself, my baby and my home provided the impetus for a beautiful change in the energy in our lives. Laura radiates warmth, calmness and lightness. She is a true blessing. I cherish and savor the treatments as a time to really disconnect from the peripheral noise of life and enter the realm of absolute discovery. Love, energy and crystals power Laura's fabulous sessions, which may not always be easy, but are definitely a journey to deepening self awareness and interconnections with self on a profound level."

Alexandria Macdonald, Shanghai, China.

WHAT WE DO

RIGPA ARTS provides a three-step path towards self-discovery, with each step offering deeper ways to immerse yourself in learning and growth. To begin, our signature **Rigpa Yoga Experience** combines physical movement and live music in a mindful practice of opening and exploration. Check our upcoming events schedule to join us for this unique offering. To maintain the the vibrations and process of expansion, RIGPA ARTS offers **Meditation Music Recordings** to nourish and support your journey. When you seek to dive deeper into your own healing and self-study, RIGPA ARTS provides **Private Rigpa Yoga Sessions** and **Reiki Sessions** as well as guided group **Rigpa Healing Retreats** offering unparalleled soul-to-soul support.



"Magical and transcendental. Laura's healing touch with Bone's soothing voice is hypnotizing. The space they hold—it feels like being held. It feels like going home."

Kathryn Corinne Robinson, Berkeley, California, USA.

A silhouette of a person sitting in a meditative pose (lotus or similar) on a hilltop, facing away from the viewer towards a sunset. The sun is a bright orange circle on the horizon, partially obscured by the person's hands. The sky is filled with soft, wispy clouds in shades of orange, yellow, and grey. The overall mood is peaceful and contemplative.

WHY?

WHY YOGA?

WHY MUSIC?

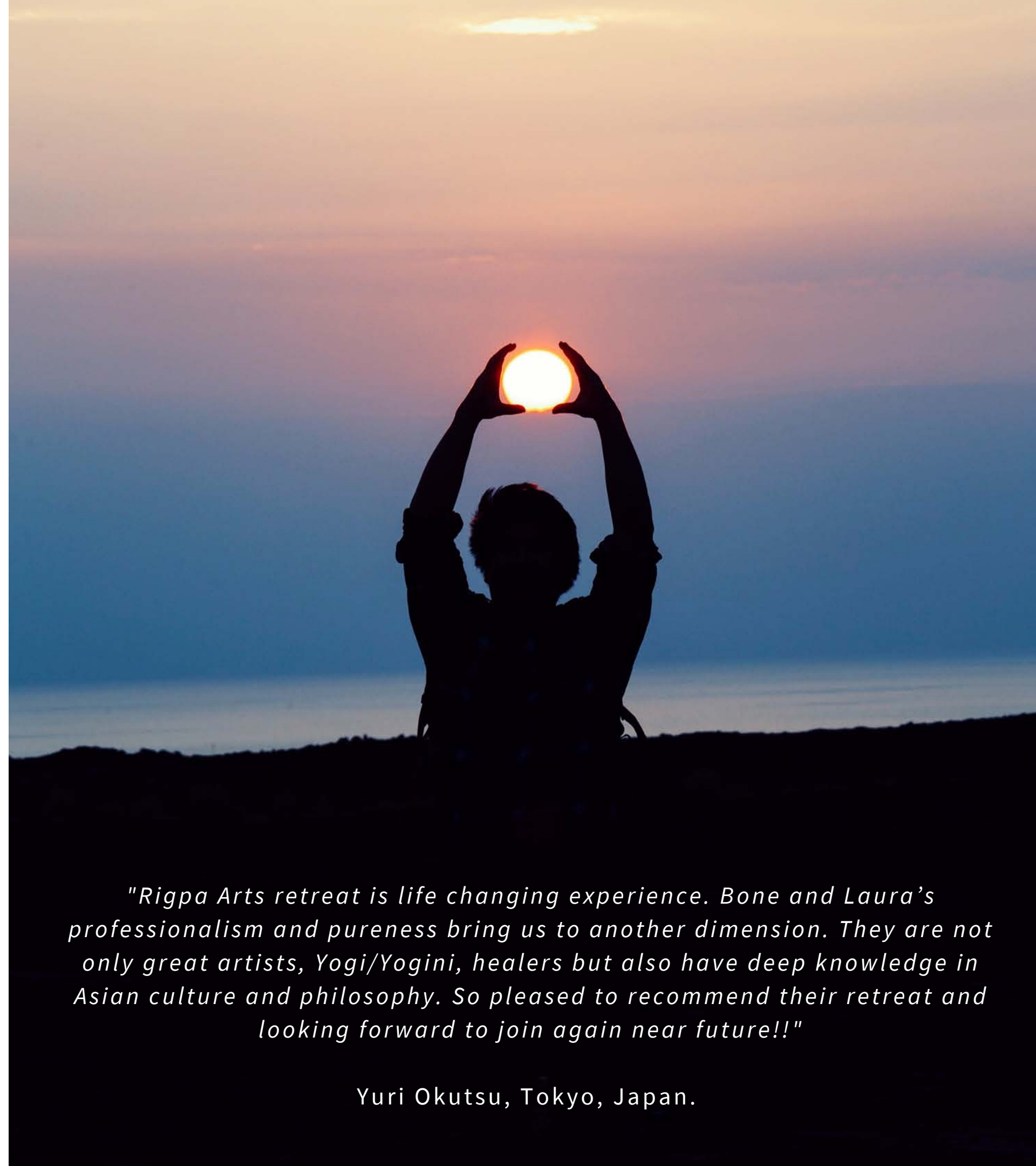
WHY REIKI?

SELF DISCOVERY

YOGA is the union of body, mind, soul and spirit, though mindful movement, conscious breathing practices and meditative disciplines. By stilling the mind and peeling away the layers of our subconscious through yogic practices, we can deeply feel, experience and come to know our true selves.

MUSIC is an unspoken language that communicates deeply to all souls in life. Vibrations that react with our body on a cellular and chemical level, help to bring body, mind, spirit and emotions to better health and equilibrium. For Bone, music allows him to channel a vital message and to preserve the unique culture of his ancestors.

REIKI is a energy transfer therapy of holistic nature which helps heal imbalances of energy in mind, body, spirit and emotions. By tapping into the unconscious layers of our energetic body, it is a powerful tool for self understanding and spiritual development. For Laura, Reiki allows her to connect and enter into the ether, to transmit light and love to heal others.




"Rigpa Arts retreat is life changing experience. Bone and Laura's professionalism and pureness bring us to another dimension. They are not only great artists, Yogi/Yogini, healers but also have deep knowledge in Asian culture and philosophy. So pleased to recommend their retreat and looking forward to join again near future!!"

Yuri Okutsu, Tokyo, Japan.


CHAKRA HEALING SERIES



 9/17 Mulahara - Root Chakra 根脉轮
I am safe.
I am secure.
I am grounded.
I belong in this world.
I have all that I need.
I am where I need to be.
I trust.


CHAKRA HEALING SERIES
Yoga with live music and singing bowl meditation
瑜伽与现场音乐-钵盂-静心-冥想



 9/24 Svadhisthana - Sacral Chakra 脐轮
I am sensual.
I am creative.
My senses are alive.
I embrace life with passion.
I am radiant.
I am beautiful.
I am strong.

CHAKRA HEALING SERIES
Yoga with live music and singing bowl meditation
瑜伽与现场音乐-钵盂-静心-冥想



 10/1 Manipura - Solar Plexus Chakra 太阳轮
I do enough.
I am enough.
I accept myself.
I stand confidently.
I am in my power.
I trust my inner voice.
I live with integrity.

CHAKRA HEALING SERIES
Yoga with live music and singing bowl meditation
瑜伽与现场音乐-钵盂-静心-冥想



 10/8 Anahata - Heart Chakra 心轮
I am full of love.
I am compassionate.
I live in balance.
I live in grace.
I am grateful.
I am forgiving.
I am one.


CHAKRA HEALING SERIES
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瑜伽与现场音乐-钵盂-静心-冥想



 10/15 Vishuddha - Throat Chakra 喉轮
I express myself with clarity.
I speak with confidence.
I am aligned with my truth.
I express gratitude.
I communicate love.
I express who I am.
I speak with integrity.


CHAKRA HEALING SERIES
Yoga with live music and singing bowl meditation
瑜伽与现场音乐-钵盂-静心-冥想



 10/22 Ajna - Third Eye Chakra 眉心轮
I see the truth.
I trust my intuition.
My life is divinely guided.
I accept my path.
I am healing in mind, body and spirit.

CHAKRA HEALING SERIES
Yoga with live music and singing bowl meditation
瑜伽与现场音乐-钵盂-静心-冥想



 10/29 - Sahaswara Crown Chakra 顶轮
I understand the impermanent nature of reality.
I accept and honor the spirit within me and all living things.
I embrace the unity of all beings.
I release all attachment.
I am complete.

CHAKRA HEALING SERIES
Yoga with live music and singing bowl meditation
瑜伽与现场音乐-钵盂-静心-冥想

From deep personal suffering and powerful experiences of Reiki, Zazen meditation and artistic practices with Mayumi Oda in 2007, Laura began her personal journey to understand the energetics of the body and the Chakra system. Throughout Rigpa Arts' Chakra Healing Series, you will experience the healing practice of yoga through each Chakra vinyasa flow and sound meditation. Laura enthusiastically shares her knowledge and passion, engaging all the senses with pranayama, meditation, introduction to crystal and sound bowl healing, colorful fruits and aromatherapy oils. Bone's soulful meditation music is the perfect accompaniment to this holistic experience.

"I was fortunate enough to attend Rigpa Arts' Chakra Healing Series and it was an amazing experience. Laura does an amazing flow and combined with Bone's music, this is not just any regular yoga class. Highly recommended!!!"

Tamara Osagie, Shanghai, China.

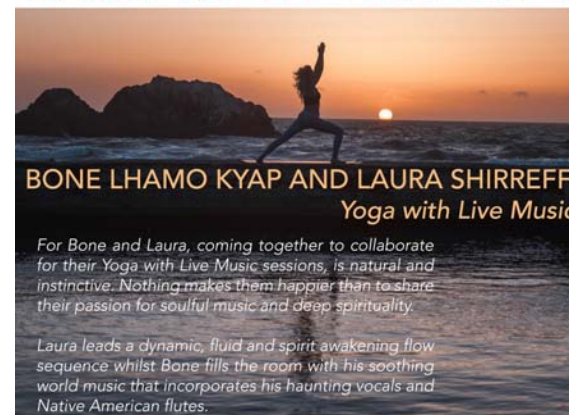
SPIRIT SERIES



SPIRIT OF THE EAGLE



SPIRIT OF THE WARRIOR



SPIRIT OF THE DANCER




SPIRIT OF THE HEALER



Inspired by the Native American practice and belief in spirit totems for teaching, guiding and protecting, Laura creatively constructs sequences that encourage practitioners to embrace and embody a new spirit and energy. Bones haunting vocals and contemplative flute music create the perfect ambience for your personal journey.

"I followed Laura and Bone in Shanghai for several sessions for their yoga and live music. Their energy, minds and souls are just fantastic. Whether you are a beginner or a yoga addict practitioner, they will brighten your day... and maybe bring you to a new page and a new path of your book."

Elodie Grapeggia, Shanghai, China.



"The balance of passion and professionalism that Laura and Bone (Rigpa Arts founders and leaders) put into their practice and programs is truly one of a kind. Laura is an outstanding yoga teacher who weaves so much information about the philosophy and technique of yoga into a beautiful practice. She also is a reiki energy healer and is sensitive to the dynamics of any group she works with. Of course Bone is an incredibly talented musician and artist. Their connection spreads so much light and a feeling of peace. I have loved all of my classes with them and hope to attend a retreat very soon!"

**Elizabeth Schieffelin, Founder of Lizzy's All Natural and Zenergy,
Shanghai, China.**

WORK WITH US

EVENTS / FESTIVALS / RETREATS

- YOGA WITH LIVE MUSIC SESSIONS

- MUSIC MEDITATION PERFORMANCES

- CORPORATE EVENTS & YOGA FESTIVALS

- PRIVATE INSTRUCTION AND REIKI HEALING

- SPECIALIST TOURS & RETREATS

GET IN TOUCH:

contact@rigpaarts.com





**THANK YOU
FOR YOUR
INTEREST IN
RIGPA ARTS**

WE LOOK FORWARD
TO WORKING WITH YOU