

YOUR GUIDE TO
SALPURI



Salpuri is a Korean dance, originally performed in shamanic ceremonies to expel evil spirits.



What is Salpuri + Shinawi?

YOUR GUIDE TO SALPURI + SHINAWI

Shinawi is an accompanying music that is largely improvisational, featuring flutes and the janggu drum. The dance traditionally includes a white cloth in a shamanic rite as the percussive shinawi sets the tone for the rite.

For more resources on how traditional arts can heal Brooklyn communities, visit our site at brooklynartscouncil.org

To expel sadness, we must sometimes lean into it. This is a meditation for releasing sadness.

Healing with Salpuri + Shinawi

- Come to a comfortable position. Take a cleansing breath in and out.
- Ask yourself, "what hurts?" Think of something ailing you today. Think of an incident, moment, or experience in detail.



- Allow yourself to feel the sadness in your body. What physical sensations are arising?
- Place a hand on where you feel the sadness in your body. Breathe, sending warmth to this spot.

- When you are ready, set an intention of casting sadness away. Let out an audible exhale.
- Practice gentleness with yourself for the rest of the day. Sing or dance to a song you enjoy, call a loved one, or journal if you feel moved to reflect.



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In support of Brooklyn traditional communities, BAC lists

Local Mutual Aid

Bed-Stuy Strong:
bedstuystrong.com
Instagram: @bedstuystrong

Bushwick Ayuda Mutua:
bushwickayudamutua.com
Instagram: @bushwickayudamutua

Bedford Stuyvesant Preservation Coalition:
preservebedstuy.org
Instagram: @preservebedstuy

Crown Heights Mutual Aid:
crownheightsmutualaid.com
Instagram: @crownheightsaid

East Brooklyn Mutual Aid:
campsite.bio/eastbrooklynmutualaid
Instagram: eastbrooklynmutualaid

Volunteers are paired with neighbors who need help.



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Blogs, Podcasts and more, Online Now

EXPLORE + LEARN!



- A mix of live music, digital arts, and impactful community healing spaces open to all Brooklyn neighborhoods.
- The events will have a number of popular local musicians like Zane Rodulfo, Vong Pak, Samir Langus, Aeilushi Mistry, and Martin Vejarano.

WELLNESS FESTIVAL Coming in June 2022

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