



ALBANY MUSEUM OF ART

FOR IMMEDIATE RELEASE

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SOOTHING ART OF SOUND RETURNS NOV 21 TO THE ALBANY MUSEUM OF ART

Soothing Saturday Morning Event Promises Relaxation and Release from Stress

[For Release Nov 6, 2020 – Albany, GA] — Between the pandemic, its economic and personal impact, and the election season, 2020 has been a stressful year. Now, the holiday season is bearing down on us.

On Saturday morning, **Nov 21, 2020**, you can escape from it all at the Albany Museum of Art with the second *Art of Sound* session. It will be facilitated by Amanda Borghi, founder and owner of Inherent Sound. Borghi is a certified sound facilitator and certified yoga trainer who works with 229 Yoga.

Entry to the sound experience will begin at **9 am**, with the session in the expansive Haley Gallery beginning promptly at **9:30 am**. (No late entry will be permitted.)

"I am so excited to be able to offer this experience again this year," Annie Vanoteghem, AMA director of education and public programming, said. "While it will look a bit different due to safety precautions, it is sure to rejuvenate your soul just in time for the holidays."

Participants can expect to unplug, relax and revive their spirit in this reinvigorating sound experience. They will be immersed in a virtual "bath" of healing sounds from quartz crystal bowls, gong and drums.

"Our collective awareness on the exponential and compounding challenges of this year is well known and has been felt all too often, Borghi said. "Now more than ever, we must find a way to proactively care for ourselves, mind, body, spirit and soul.

"Sound experiences empower us to take time to unplug and reconnect with ourselves. We must do all we can to care for ourselves and each other and this is a unique experience that inspires just that!"

The tones build and evolve, producing a sea of sound that is timeless and alive. The sounds are designed to interact with the body, cleansing and rejuvenating physically, emotionally, mentally and

spiritually. Blocks and tensions are washed away, leaving you centered, refreshed, energized, and fully present and connected with the surrounding world.

No movement is required of participants. Guests will be invited to lie comfortably on yoga mats in the gallery while they enjoy the sounds during this hourlong experience.

The first *Art of Sound* on Feb 1, 2020 attracted 80 people. Because of social distancing guidelines, attendance for this session will be limited to a maximum of 30 participants.

Registration for *Art of Sound* is \$30 for Albany Museum of Art members and \$35 for future members. To register, go online to: <https://albanymuseumofart.z2systems.com/event.jsp?event=7>

For further information, contact Vanoteghem at **229.439.8400** or email annie.vanoteghem@albanymuseum.com.

Also, be sure to check out all the *AMA ChalkFest* events and online contests throughout November by visiting www.AMAChalkFest.com.

The AMA also is in the middle of its **#FallinLoveWithArt** membership drive. You can get information on how to become a member and help create a stronger community through art at www.albanymuseum.com/join.

CURRENT AMA EXHIBITIONS

- *On the Wall*: murals by David Hale, Shanequa Gay, Amanda Jane Burk and Chris Johnson, and paintings by Sarah Emerson, is in the Haley Gallery through Feb 20, 2021.
- *Midlands*, works by Courtney McClellan, is in the East Gallery through Feb 20, 2021.
- *Escape Plan*, works by Elinor Saragoussi, is in the West Gallery through Feb 20, 2021.
- *Georgia Artists Guild of Albany 27th Annual Exhibition* is in the McCormack Gallery.

ABOUT THE ALBANY MUSEUM OF ART

The Albany Museum of Art is located at 311 Meadowlark Drive in Albany, Ga., adjacent to Albany State University West Campus just off Gillionville Road. The museum is accredited by the American Alliance of Museums. The Albany Museum of Art is open to the public 10 am-5 pm Tuesdays, Wednesdays and Fridays, and 10 am-7 pm Thursdays. Admission is free.

For more information about the AMA please visit our website, www.albanymuseum.com or call 229.439.8400. Be sure to follow the @AlbanyArtMuseum on Twitter, AlbanyMuseum on Instagram and AlbanyMuseumOfArt on Facebook.

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