



ALBANY MUSEUM OF ART

FOR IMMEDIATE RELEASE

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ALBANY MUSEUM OF ART, 229 YOGA PARTNER FOR YOGA IN THE GALLERY

Monthly Sessions on Last Fridays Will Combine the Experiences of Art and Yoga

[For Release May 26, 2021 – Albany, GA] — The Albany Museum of Art is partnering with 229 Yoga to bring monthly *Yoga in the Gallery* sessions to the museum beginning **Friday, May 28**.

Sessions will begin at **5:30 pm** on the last Friday of each month, combining art and yoga into a new experience. Participants should dress comfortably, and bring a mat and any other supporting props they need for the session.

“We are delighted to offer this program that brings the art of yoga into our galleries,” Albany Museum of Art Executive Director Andrew J. Wulf, Ph.D., said. “As another form of creative expression, yoga is a perfect analogue to the more tenured arts of paintings, sculpture, and photography.”

Amanda Borghi, a certified yoga instructor with 229 Yoga, will instruct the initial session on Friday, May 28. Borghi, a certified sound healing practitioner and founder/owner of Inherent Sound, has led *Art of Sound* experiences at the AMA.

“229 Yoga is excited to partner with The Albany Museum of Art to offer Yoga in the Gallery on the last Friday of the month,” Borghi said. “Participants can expect a rotating schedule of instructors teaching and guiding a variety of yoga styles that are accessible to all levels.”

She said the sessions will be influenced by the artwork in the AMA galleries.

“Each class will uniquely integrate the creative inspiration of its gallery surroundings,” Borghi said. “You can expect elements of movement, breathwork and meditation throughout. These classes are open to all levels and are a great way to start the yoga practice you have been thinking about.”

The combination of yoga and art will enable participants to disconnect from the stresses and distractions of everyday life that build up over time. With sessions coming near the end of the month, *Yoga in the Gallery* will be an opportunity to renew and reenergize before the start of a new month.

"The act of pausing, even momentarily, before a work of art can help us unplug, center, and discover something new about life," Wulf said. "The experience of yoga in a calm, quiet, gallery setting is a lovely and rare opportunity to experience art and self to the fullest."

There is no cost for AMA members to participate in *Yoga in the Gallery*. The cost per session for non-members is \$10.

"Please bring a mat and be ready for a great practice in a wonderfully creative space!" Borghi said.

CURRENT AMA EXHIBITIONS

- *Butch Anthony: Art, Nature, and Intertwangleism* is in the Haley Gallery March 4-July 31, 2021.
- *Work, Worship & Community: Paul Kwilecki* is in the East Gallery March 4-June 26, 2021.
- *Educators as Artists: 4th College Faculty Exhibition* is in the McCormack Gallery March 4-June 26, 2021
- *Escape Plan*, installation by Elinor Saragoussi, is in the West 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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