



ALBANY MUSEUM OF ART

## FOR IMMEDIATE RELEASE

Contact: Jim Hendricks  
Director of Marketing & Public Relations  
(229) 439-8400  
[jim.hendricks@albanymuseum.com](mailto:jim.hendricks@albanymuseum.com)

### YOGA IN THE GALLERY COMING TO THE ALBANY MUSEUM OF ART

#### Albany Yoga Project Partners with AMA on Saturday Yoga Sessions

**[For Release Sept 2, 2019 – Albany, GA]** — You can stretch out your experience at the Albany Museum of Art in a new way over two Saturday mornings when there is *Yoga in the Gallery*.

The AMA is partnering with the Albany Yoga Project on the sessions. They will start at 10 am on two consecutive Saturdays—Sept 7 and 14, 2019—in the Haley Gallery, where the *Figure Forward* exhibition featuring works by William Downs, Jill Frank and Jaime Bull is currently showing.

One of Downs' works on display, *Being Comfortable with Being Uncomfortable*, incorporates images of individuals engaging in yoga, creating an appropriate backdrop for the sessions.

"We're happy to partner with the Albany Yoga Project to create a unique experience that combines art and health," Annie Vanoteghem, director of education and public programming at the AMA, said. "There's no cost to participate, but we do have limits on space."

"Each session will have a maximum of 25 participants, so you need to register as soon as possible before the classes fill."

Albany Yoga Project Executive Director and Founder Sylvia Maxwell says this partnership with the AMA is important to her organization because it helps carry out its mission.

"We aim to make yoga and meditation accessible to the community through events such as these," Maxwell said. "This is allowing the community to get into their bodies and into the practice."

"Our team of Albany Yoga Project Ambassadors has been trained and mentored by me so that they are prepared to deliver the Baptiste Yoga methodology, thus moving the student's body intentionally through the sequence to create space for something new in their life. This is how the practice empowers and elevates the people of our community."

Participants should bring a yoga mat to the class. To register for Yoga in the Gallery, contact Vanoteghem at 229.439.8400 or email [annie.vanoteghem@albanymuseum.com](mailto:annie.vanoteghem@albanymuseum.com). Once a class reaches 25 participants, registration for it will close.

### **CURRENT AMA EXHIBITIONS**

- *Figure Forward*, works by Jill Frank, Jaime Bull and William Downs, is in the Haley Gallery through Oct 12, 2019.
- *Educators as Artists: Juried College Faculty Exhibition* is in the East Gallery through Oct 12, 2019.
- *Fragments of a Violent World*, nano photography by Michael Oliveri, is in the West Gallery through Oct 12, 2019.

### **COMING UP SOON**

- AMA ChalkFest: Pop Art & Pop Tops, the Albany Museum of Art's 2<sup>nd</sup> annual chalk art and craft beer festival, is 10 am-6 pm Oct 5, 2019 on the 100 block of Pine Avenue in downtown Albany.

### **ABOUT THE ALBANY MUSEUM OF ART**

The Albany Museum of Art, located in Albany, Georgia, adjacent to Albany State University West Campus just off Gillionville Road is accredited by the American Alliance of Museums. The Albany Museum of Art is open 10 am through 5 pm Tuesdays through Fridays and noon until 5 pm on Saturdays. Admission is free.

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

For information about *AMA ChalkFest*, visit [www.amachalkfest.com](http://www.amachalkfest.com) or call 229.439.8400. Be sure to follow @amachalkfest on Twitter and Instagram, and AMACHalkFest on Facebook.

###