



ALBANY MUSEUM OF ART

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BEAUTIFUL ART, SOOTHING SOUND COMBINE FOR UNIQUE EXPERIENCE

The Art of Sound Returns to the Albany Museum of Art on Saturday, Oct 23

[For Release Oct 15, 2021 – Albany, GA] — In a setting of captivating Renaissance and Baroque paintings, soothing tones will help you relax, renew and revive when *The Art of Sound* returns to the Albany Museum of Art on **Saturday, Oct 23, 2021**.

The session will again be facilitated by Amanda Borghi of Inherent Sound and 229 Yoga, the latter of which conducts monthly yoga sessions at the AMA. The doors will open at **9 am** on Oct 23 and organizers ask participants to set up by **9:20 am** for *The Art of Sound*, which will get underway promptly at **9:30 am**. No late entry will be permitted.

"There is something special about sound meditation in the gallery," Borghi said. "Being surrounded by art, creativity and creation brings a unique vibe and texture to the experience. Museums have always been a relaxing space for me.

"Taking in, contemplating and embracing art is a meditation all itself. It makes great sense to come to this relaxing space to dive even deeper into the relaxation we all so greatly need now more than ever."

The Art of Sound will take place in the Haley Gallery, which is hosting *European Splendors: Old Master Paintings from the Kress Collection*. Organized by the Columbia Museum of Art, the exhibition includes 29 paintings by European master artists from the Renaissance and Baroque periods. The exhibition continues through Dec 23, 2021.

The backdrop of beautiful classical art creates the perfect setting for experiencing the soft tones and sounds Borghi will generate. Participants in *The Art of Sound* can expect to unplug, relax and revive their spirit in this immersive "bath" of healing sounds from quartz crystal bowls, gong and drums.

The tones gently build and evolve, producing a timeless, living ocean of sounds that is 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.

"As we emerge from another COVID wave and prepare for what is sure to be an extremely busy holiday season, this is an ideal time for everyone to pause for a moment and rejuvenate themselves," Annie Vanoteghem, AMA director of education and public programming, said. "We are delighted to be able to present this experience again."

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 90-minute experience. Social distancing guidelines will be observed and the session will be limited to 30 participants.

"Partnerships like this are important as we create new ways to enjoy art," AMA Executive Director Andrew J. Wulf, Ph.D., said. "We are always excited to bring innovative art experiences to Albany."

Borghi said she is happy to see the different experiences the AMA is creating for members and guests through programming, partnerships and community outreach. "I am filled with gratitude for the AMA," she said. "They are constantly creating experiences to bring beauty into the lives of our community and redefining and making the experience of art accessible for all."

The cost to participate in The Art of Sound is \$30 for AMA members and \$35 for future members. A link to register can be found at www.albanymuseum.com/art-of-sound.

The next session of *Yoga in the Gallery* begins at 5:30 pm on Friday, Oct 29. The yoga session is free for AMA members and \$10 for future members. For those with young children, the Albany Museum of Art will have volunteers available to watch the kids play in AMAzing Space while adults and older children participate in *Yoga in the Gallery*.

European Splendors: Old Master Paintings from the Kress Collection is organized by the Columbia Museum of Art, South Carolina, with support from the Samuel H. Kress Foundation, New York. Its exhibition at the AMA was made possible by the Walter and Frances Bunzl Family Foundation.

CURRENT AMA EXHIBITIONS

- *European Splendors: Old Master Paintings from the Kress Collection* is in the Haley Gallery Aug 26-Dec 23, 2021.
- *Horse Power: Works by Cedric Smith* is in the East Gallery July 10-Dec 23, 2021.
- *Essay Topic: Write Down the Word WOMAN One Hundred Times, New works by Sanaz Haghani* is in the McCormack Gallery July 10-Dec 23, 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 through Saturdays. 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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