



Shown above: Louis Finkelstein (1923-2000), *Park Tennis*, 1961. Oil on canvas, 50 x 50 inches. Gift of the Artist, Asheville Art Museum Collection, 1998.08.21.

MEDIA ALERT

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Asheville Art Museum hosts Laughter Yoga in celebration of new exhibition: PLAY

June 24, 2013 from 10:00 – 11:00 a.m.

Playing together, we discover trust. Laughing together, we discover harmony. Through play and laughter we transcend tragedy, we challenge our physical limits, we celebrate health, we create community, we transform reality. — Bernie Dekoven

ASHEVILLE, NC—The Asheville Art Museum invites members and visitors to enjoy a new public program, **Laughter Yoga**, hosted by the Museum on **June 24 from 10:00 – 11:00 a.m. in the Museum’s East Wing gallery**. Admission to attend Laughter Yoga is **\$5 for Museum members and \$8 for non-members**. To reserve a space in the June 24 class call the Museum at 828.253.3227 or visit the [events calendar on the Museum Web site](#).

What better setting for laughter yoga than alongside works of the new Museum exhibition, [PLAY](#)? Lisa Harris, LCSW and a Certified Laughter Yoga Leader will lead class participants through an hour of laughter games and yogic deep-breathing methods. This non-traditional yoga focuses on movement, relaxation and play. It is recommended that guests bring a yoga mat; chairs will also be provided. Advance registration is recommended; call 828.253.3227 or visit the Museum’s front desk.

About Laughter Yoga:

Laughter Yoga was founded in 1995 by Dr. Madan Kataria, an Indian medical doctor from Mumbai, India, who started with five people laughing together in a park. The practice has grown to over 6,000 Laughter clubs in 60 countries. Dr. Madan Kataria

views laughter as a way to promote health and human connections.

According to instructor Lisa Harris, “it’s been discovered that even when we laugh ‘for no reason’ we feel happier, more relaxed and less stressed. Because our body and mind do not ‘know the difference’ between forced laughter and natural laughter, we do not need a reason to laugh in order to have the proven medical and mental health benefits”. For more details on Laughter Yoga visit:
<http://ashevillewomenscounseling.com/laughter-yoga.html>.

This public program is hosted in conjunction with new Museum exhibition, [*PLAY*](#), which explores themes of leisure, play and creativity and includes many works from the Museum’s Permanent Collection. More details about the exhibition can be found at www.ashevilleart.org.

Additional information for upcoming exhibitions and public programs at the Museum can be found online at www.ashevilleart.org.

Special thanks to [*Bold Life*](#), [*Verve*](#) and [*Carolina Home & Garden*](#) magazines for their support as a Media Sponsor of the Museum for the 2013 fiscal year. And, we thank [*The Laurel of Asheville*](#) for their 2013/24 Media Sponsorship. For more information about media sponsorships, please email Kathleen Glass, Communications Manager, at kglass@ashevilleart.org.

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The Asheville Art Museum is the only nonprofit visual arts museum serving the 24 counties of Western North Carolina. Incorporated by artists in 1948, the Museum collects, preserves and interprets American art of the 20th and 21st centuries with a focus on work of significance to the Southeast.

Centrally located in downtown Asheville on Pack Square, the Museum is open 10:00 a.m. to 5:00 p.m., Tuesday through Saturday and 1:00 p.m. to 5:00 p.m. on Sunday. Special docent-guided tour packages are available for groups and students.

Admission to the Museum is \$8.00 for adults and \$7.00 for seniors (60+) and students (K-12 and college students with college ID). Children age five and younger are admitted free of charge. Members are admitted free of charge. The Holden Community Gallery, Museum Shop and Biltmore Gallery (all located on the first floor/street level of the Museum, are open at all times to the general public free of charge).

The Asheville Art Museum is accredited by the American Association of Museums and receives general operating support from businesses, foundations and individuals, as well as from the North Carolina Arts Council, an agency funded by the State of North Carolina, and the National Endowment for the Arts, which believes that a great nation deserves great art. Additional support is provided by the City of Asheville and Buncombe County.

The Asheville Art Museum asks when reprinting images, please keep all artwork at their original proportions; please do not crop them or alter them disproportionately. Provided image credit information is mandatory and images are not for resale.