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**CROW COLLECTION OF ASIAN ART LAUNCHES NEW WELLNESS INSTITUTE
AND ANNOUNCES JACQUELINE BUCKINGHAM ANDERSON AS DIRECTOR**

Institute to offer public daily mini-meditations, expanded classes, weekly wellness sessions and a new public lecture series that kicks off Thursday (Jan. 15) at 7 p.m. with Dr. Carolyn Matthews

DALLAS (January 14, 2015) – Intended to provide a bridge between Asian art and western well-being, the **Crow Collection of Asian Art** today announced the formation of **The Wellness Institute** to be directed by **Jacqueline Buckingham Anderson**, a recognized advocate in the field of wellness and lifestyle medicine. The goal of The Wellness Institute is to help large and diverse audiences achieve long-term results in health and happiness, drawing inspiration from the artistic and cultural achievements and practices of Asian culture.

“Although we’ve offered wellness programs for years, the establishment of The Wellness Institute is a huge step forward in a dream realized, and it’s a natural evolution for the Crow Collection,” said Amy Lewis Hofland, executive director of the Crow Collection of Asian Art. “As American health declines, we want the Crow Collection to become known not only for its art and gardens but as a wellness center where nearby workers, families and children can experience everything from mini-meditation sessions to start the day off right, to health-oriented lectures, to yoga and tai chi.”

Launching at an opportune time of the year as many look for ways to improve their lives, Hofland said this year’s theme will be the “Year of Practice.” Each month will focus on a different wellness principle ranging from nutrition, compassion and Tibetan practices; to movement and study; to the art of rest, happiness and managing modern life. The 2015 programs include expanded classes in meditation, yoga, tai chi, family yoga and other practices; weekly “Wellness Wednesday 101” noontime presentations on various topics; a monthly Wellness Speaker Series with leading experts invited from the region and across the nation; and special events connecting larger audiences with the findings and outcomes of wellness practices.

The Institute kicks off its Wellness Speaker Series this Thursday (Jan. 15) at 7 p.m. with Dr. Carolyn Matthews, a board-certified physician in obstetrics/gynecology and gynecologic oncology who is a passionate believer in the role of lifestyle and nutrition in the creation of best health. Dr. Matthews will introduce the philosophies of integrative and functional medicine and the role of food as medicine during this eagerly anticipated lecture. Tickets are \$10 for the public and free for *Friends of the Crow Collection*. Seating is limited and tickets are required.

Hofland is extremely excited that Anderson will guide the new initiative.

“Jacqueline is a natural leader who brings a wealth of experience in fostering wellness in different communities,” said Hofland. “She will play a central role in expanding the Crow Collection’s reputation beyond an oasis for art and sculpture but also as a center for spiritual reflection, physical well-being and shared learning.”

Anderson brings decades of experience and education to the position. Since 1998, she has undertaken rigorous study and practice in Ashtanga, Vinyasa, Hatha and Power yoga with highly regarded teachers around North America and is a 500-Hour Registered Yoga Teacher. After a life-changing spinal injury, resulting in greatly diminished movement and chronic pain, she delved deeply into the mind-body connection, studying consciousness, energy, meditation, and metaphysics with teachers including Deepak Chopra and David Simon. She has completed trainings in women's empowerment, courage, and empathy at The Esalen Institute and The Kripalu Center for Yoga & Health. Anderson has led safe and effective yoga classes for private clients and conducted workshops for 10 years.

Additionally, Anderson is pursuing a master's degree at Harvard University Extension School in Psychology with a focus on lifestyle medicine, psychological resilience, neuroscience, the science and application of positive psychology, the science of physical activity applied to health and well-being, neuroplasticity, and mind-body medicine therapies for chronic pain conditions. She recently completed compassion cultivation training at the Center for Compassion and Altruism Research and Education Center (CCARE) at Stanford University (see Anderson's entire bio below).

"It is a privilege to help build on the commitment to wellness that Amy and her team have shown over the past seven years," said Anderson. "I am energized by the prospect of augmenting the efforts to date with new dimensions of collaboration, research and public engagement, and I look forward to sharing with regional audiences the wisdom to be derived from Asian cultural traditions in pursuit of a more balanced, healthy perspective on modern life."

Free and open to the public, the weekly wellness schedule includes **Mini Meditations** Monday through Friday from 8:30 - 8:50 a.m.; **Qigong Night** on Tuesdays from 5:15 - 6:15 p.m.; **Wellness 101** lunchtime lectures on Wednesdays from noon - 1 p.m.; **yoga in the galleries with SYNC Yoga & Wellbeing** on Thursdays from 6:15 - 7:15 p.m.; **restorative yoga with the Dallas Yoga Center** on Fridays from noon - 1 p.m.; **Tai Chi in the Galleries** on Saturdays from 9 - 10:30 a.m.; and **Family Yoga at Klyde Warren Park** on Saturdays in March - October from 10 - 10:45 a.m.

For more details about The Wellness Institute and the various programs, please visit crowcollection.org/learn/wellness.

About the Crow Collection of Asian Art

The Crow Collection of Asian Art features a variety of spaces and galleries with changing exhibitions of the arts of China, Japan, India, Korea and Southeast Asia drawn from cultures ancient and contemporary. Sixteen years in operation, this lovingly curated free museum offers a serene setting for quiet reflection in the heart of the Dallas Arts District. The Crow Collection continues to grow in art and service to the Dallas-Fort Worth community with an emphasis on shared learning and fun.

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About Jacqueline Buckingham Anderson

Jacqueline Anderson brings to the Crow wide-ranging education, training, and entrepreneurial experience, blending a background in art history with expertise in the growing field of wellness. She was raised in Houston, TX, and attended Emory University in Atlanta, completing her B.A. at the University of Toronto with high honors in art history, subsequently working at Sotheby's in New York and Toronto. She was in the entertainment industry for many years as an actress in feature films, television, and documentaries. She subsequently launched a lifestyle consulting business for individuals and corporations in New York and Los Angeles in art and design as well as in health and wellness practices leading to the optimization of their lives and enterprises.

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The founder and CEO of JBA Art Solutions LLC, Anderson has provided research-driven, user-generated art and design programs for healing environments, from conceptualization to installation. A pioneering entrepreneur in leveraging community-based creativity and motivation for the benefit of overall health and palliative care, Anderson completed multiple large-scale capital projects, and implemented the signature project *Photos for Health*, healing-focused art programs in over two million sq. ft. of hospital space for Indiana University between 2007-2011.

Photos for Health is based on scientific findings proving the beneficial results of exposure to certain visual stimuli, and has been lauded by Healthcare Design Magazine as building "a community and a sense of diversity far and above what was initially expected." *Photos for Health* proved to be a novel and powerful use of social media to solicit tens of thousands of photographic submissions of images of nature and animals, yielding curated displays of high-resolution framed photographs in multiple healthcare facilities. Dr. Jeffrey Rothenberg, chief medical officer for IU Health University Hospital, contributed fundamental research to this project, noting that it provided "the benefits of bolstering self-esteem, sidelining stress and improving adaptability."

She is currently pursuing a master's degree at Harvard University Extension School in Psychology with a focus on lifestyle medicine, psychological resilience, neuroscience, the science and application of positive psychology, the science of physical activity applied to health and well-being, neuroplasticity, and mind-body medicine therapies for chronic pain conditions. She recently completed compassion cultivation training at the Center for Compassion and Altruism Research and Education Center (CCARE) at Stanford University.

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