



FREE COMMUNITY MEDITATION FOR HEALING AND KINDNESS AT THE CROW COLLECTION OF ASIAN ART THIS SUNDAY

DALLAS (July 8, 2016) - On Sunday, July 10, 2016 from 2:00 p.m. - 3:00 p.m., the Crow Collection of Asian Art in Downtown Dallas will dedicate its weekly free meditation in the galleries to healing and empowering kind action in the wake of yesterday's tragic shootings in downtown Dallas.

In partnership with Thanks-giving Square, Compassionate DFW and the Art Therapists Association of North Texas, the Crow Collection of Asian Art's Executive Director Amy Lewis Hofland will offer brief remarks for healing followed by a community meditation led by esteemed certified meditation leader, Dr. Michael LaValle.

"Mindfulness meditation is practiced by people of all religious traditions, ethnicities and backgrounds. It is a neutral platform upon which we can all come together in silence and peaceful contemplation," says Hofland. "When the mind and the heart are quiet, we can see the space for healing."

A growing amount of research continues to show that mindfulness practices enhance concentration, clarity, insight and resilience to life challenges, in addition to reducing stress and improving sense of well-being. Mindfulness exercises also help people cultivate compassion for others while expanding their capacity for gratitude and joy.

Mindfulness meditation is non-religious and open to both beginner and advanced practitioners. Please dress comfortably. Chairs and cushions are supplied. **The museum is located at 2010 Flora St., Dallas, TX 75201.**

The Crow Collection of Asian Art is open Tuesdays - Thursdays (10 a.m. - 9 p.m.), Fridays - Saturdays (10 a.m. - 6 p.m.), Sundays (noon - 6 p.m.) and closed on Mondays. Admission is free.

Other weekly wellness activities at the Crow Collection include free Morning Meditation on Tuesdays and Thursdays from 8:15 - 8:45 a.m.; Qigong Night on Tuesdays from 5:30 - 6:30 p.m.; Breathe Veterans Art & Wellness Program on Wednesday from 6:00 - 7:00 p.m.; yoga in the galleries by SYNC Yoga & Wellbeing on Thursdays from 5:30 - 6:30 p.m.; restorative yoga on Fridays from noon - 1 p.m.; and Tai Chi in the Galleries on

Saturdays from 9 - 10:30 a.m. For more information, please go to crowcollection.org or call 214-979-6430.

NOTICE TO MEDIA: Onsite contact is Crow Collection of Asian Art Wellness Program Manager Amanda Dunnavant reachable at (903)736-9139

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. Seventeen years in operation, this lovingly curated free museum offers a serene setting for quiet reflection in the heart of the Dallas Arts District. Dedicated to providing art and service to the Dallas-Fort Worth community with an emphasis on shared learning and fun, the Crow Collection has recently expanded its offerings with a lushly landscaped outdoor Sculpture Garden, a pedestrian-friendly lobby and entrance, and a Samurai Gallery to showcase the museum's spectacular acquisition of a complete set of armor, considered one of the finest of its kind in the world. The Crow Collection of Asian Art is a 501c3 non-profit organization, and is supported, in part, by the generosity of *Friends of the Crow Collection* members and donors. Learn more at crowcollection.org.

About Dr. Michael LaValle

Michael LaValle, Ph.D. is a clinical psychologist and meditation teacher in Dallas. He specializes in the use of mindfulness-based interventions in the treatment of depression, anxiety, attachment wounds, and trauma. He offers Mindfulness-Based Stress Reduction (MBSR) courses based on the program developed by Jon Kabat-Zinn at the Center for Mindfulness. He is a meditation teacher certified by the Oasis Institute/Center for Mindfulness, University of Massachusetts Medical School. Dr. LaValle currently leads a free guided meditation every Sunday at the Crow Collection of Art in Dallas. Learn more at www.drmichaellavalle.com.



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