



FOR IMMEDIATE RELEASE

MEDIA CONTACT:
Stacie Wheelock Adams
work/ 214-271-4485
cell/214-552-6416
sadams@crowcollection.org

CROW COLLECTION OF ASIAN ART LAUNCHES NEW WELLNESS LECTURE SERIES

Monthly Lectures Celebrate Body, Mind, Heart and Art

Dallas (April 14, 2014) – The Crow Collection of Asian Art expands their wellness programming with a new monthly wellness series this spring. The Wellness Lecture Series begins on Thursday, May 29 at 6:30 p.m. with a lecture, workshop and book signing featuring leading educator and author of *The Mindful Child*, Susan Kaiser Greenland.

This new series builds upon the Crow Collection's existing wellness offerings which work to connect Body, Mind, Heart and Art and already provide a wellness experience every day the museum is open. Including practice-oriented classes such as Qigong, Yoga and Tai Chi in the galleries, as well as a popular weekly lunchtime lecture offered every Wednesday at noon, this evening lecture series offers members and guest another opportunity to engage with wellness at the Crow.

In this inaugural Wellness Lecture Series program Greenland presents a timely lecture on the transformative power of mindful awareness. In her discussion, she will share simple techniques and activities for families that help kids, parents, and professionals become more mindful and develop confidence, concentration, and the ability to regulate emotions. Greenland is the co-founder of the Inner Kids Foundation, which brought mindful awareness to under-served schools and neighborhoods in Los Angeles from 2000 until 2009. This lecture is co-presented by *Mindful Magazine* and the Momentous Institute.

All lectures in this series will take place at the Crow Collection of Asian Art in the Grand Gallery. Tickets for the Susan Kaiser Greenland lecture are \$15 for *Friends of the Crow Collection* and \$25 for the public. Tickets for William Mayer, Rachel Nash or Dr. Nada

Milosavljevic's lectures are free for *Friends of the Crow Collection* and \$10 for the public; for more information or to purchase tickets, please visit crowcollection.org. Seating is limited and tickets are required.

Schedule of Monthly Lectures

Thursday, May 29 at 6:30pm *Susan Kaiser Greenland | The Mindful Child*

Thursday, June 12 at 7pm *William Mayer | The Healthy Heart*

Wednesday, July 23 at 7pm *Rachel Nash | Creating Matters*

Wednesday, August 6 at 7pm *Dr. Nada Milosavljevic | Tea and Health*

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. Fifteen 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.