



Press Release

Media contact:

Astrid Heyerdahl, Executive Director
Touchstones Nelson: Museum of Art and History
502 Vernon St., Nelson, BC, V1L 4E7

Director@touchstonesnelson.ca
250-352-8200

For immediate release

Yoga in the Museum returns *Celebrate Spring with Kundalini in the gallery*

Nelson, BC (March 28, 2018): After a very successful inaugural Yoga in the Museum in 2017, Touchstones Nelson: Museum of Art and History will host a very special session of Kundalini Yoga in the Museum, celebrating the power of their current exhibition ***She. We. They: The Women Show.***

Led by well-known and loved local instructor Sat Kaur, this event will be a true celebration of the strength of women, not only because the gallery is home to hundreds of portraits of women at the moment, but also because half of the proceeds from the event will be donated to the Aimee Beaulieu Transition House. Admission will be by donation, with a suggested donation of \$12.



“Kundalini in the gallery seems like a natural choice at this moment,” says Touchstones Executive Director Astrid Heyerdahl. “With so much personal strength depicted on the walls of our current exhibition, in the faces of these women of the past and the present, a yoga practice celebrating arising energy and consciousness is the perfect event for us.”

Kundalini in the gallery will take place **Sunday April 15** beginning at 9 a.m. The doors will open at 8:30, so please arrive early with your yoga mat to secure a spot and settle in. We suggest that you bring warm clothes as the gallery will be a little colder than your regular yoga studio.

For more information about Sat Kur, we encourage you to visit her website:
<http://www.satkauryoga.com/home.html>

Touchstones Nelson is located at 502 Vernon Street in downtown Nelson. We look forward to seeing you on April 15.



-###-