

MEDIA RELEASE

EXPERIENCE FRESH APPROACHES TO WELLNESS THROUGH ART AT INAUGURAL GALLERY WELLNESS FESTIVAL



Singapore, 18 May 2022 – Catering to the mind, body and soul, National Gallery Singapore’s inaugural *Gallery Wellness Festival 2022: Art Restores* will see guided movement workshops, audio tour experiences of paintings and sculptures, bullet journaling in response to artworks and even sound baths presented in new and different ways to harness the restorative power of art for holistic well-being. From 3 – 12 June, Gallery Wellness Festival introduces wellness techniques through art experiences, to equip audiences with tools to navigate challenging times and stressors of everyday life, under the theme *Art Restores*.

Wellness has become a key priority in present times following the periods of isolation and disruption brought upon by the pandemic, which have taken a toll on people’s mental health. Providing fresh approaches to support one’s well-being, the Gallery Wellness Festival introduces a roster of art experiences rooted in practices of mindfulness, introspection and reflection, which participants may adapt and apply to daily life. These holistic programmes, including meditation and slow art sessions, are held in the Gallery and take inspiration from the artworks on display in its exhibition halls.

Ms Suenne Megan Tan, Executive Festival Director and Senior Director, Museum Planning and Audience Engagement, National Gallery Singapore, says, “*Gallery Wellness Festival 2022: Art Restores* is a testament to the Gallery’s ongoing efforts to explore and expand our

programmes to address timely concerns of our community and highlight the relevance of art in daily lives. We hope that through the Gallery Wellness Festival, these multi-disciplinary artistic programmes can uplift senses and enhance the well-being of our audiences.”

Gallery Wellness Festival 2022: Art Restores is part of Wellness Festival Singapore 2022, a Singapore Tourism Board initiative and the first nationwide effort to promote holistic well-being. It supports the vision for Singapore to be a leading urban wellness haven.

HOLISTIC APPROACH TO WELLNESS THROUGH NOVEL EXPERIENCES WITH ART

Curated for all ages, the Festival’s programmes are categorised under three pillars – *Movement*; *Mindfulness*; and *Culture* – showcasing physical wellness through **movement**; emotional and mental wellness through **mindfulness** exercises; and societal well-being through exchange of **cultural** ideas and practices; offering people different avenues to care for their well-being. Programme highlights include:

Movement

- ***Somatic Movement Series*, guided sessions that encourage free expression through movement, accompanied by traditional instruments or an eclectic playlist:** This series consists of three separate sessions, each focused on a unique type of movement that awakens mind and body. Under the guidance of a facilitator, participants will learn how to freely express themselves through movement and re-engage with the sensations of their body. The three sessions are *Embodied Landscapes with Chloe* (Featuring a Southeast Asian mix by local DJ Linda), *Art of Silat with Hafeez* (Featuring live drums by Riduan) and *Elemental Qi Gong with Diana* (Featuring gong meditation by Kristin).
- ***Closer – A Movement Audio Guide*:** Experience internationally renowned artist Antony Gormley's works in a visceral way through a series of somatic scores developed by Elizabeth de Roza and Laurie Young. Presented via an audio guide, the listener will be guided to consider how they can use their own body to interact with the sculptures on display for a novel encounter with art.

Mindfulness

- ***Slow Art Guide*, a slow visual appreciation of artworks:** Inspired by the principles of slow looking and mindfulness, the Slow Art Guide is a self-guided audio experience of one artwork in the Gallery. There are three episodes available, each featuring a different artwork from *The Care Collection* – a selection of artworks from the National

Collection developed in collaboration with Singapore Art Museum to spark reflection and discussion. Group sessions will also be available during the Gallery Wellness Festival. In these sessions, participants are invited to first partake in the self-guided experience, before being paired up to share and reflect on their experience.

- ***Exploring Bullet Journaling Workshop, an introduction to a reflective and mindful daily practice to battle hectic urban living:*** This introductory workshop encourages participants to bring mindfulness and focus into daily routines through bullet journaling. The workshop will highlight questions through themes from *The Care Collection* and encourage participants to reflect and pen thoughts in writing and drawing.

Culture

- ***Sound Bath Experience, an immersive soothing session for tweens and teens:*** Bathed in a soundscape of music created using everyday objects, participants will be immersed in waves of soothing and echoing sounds that release their stress and fatigue. Each participant will receive a toolkit at the end of the activity to continue the experience at home. The programme is recommended for children aged 10 – 14 years old.
- ***Stories in Art:*** Listen as a storyteller paints a picture worth a thousand words and tells stories inspired by artworks in the Gallery's collection. This programme is recommended for families with children of ages 4 – 10.

Visitors looking for more art and wellness experiences during the Festival may also participate in drop-in activities taking place at the Spine Hall in the Gallery's Basement Concourse Level.

COMMITMENT TO BEING A PLACE THAT PROMOTES ART AND WELL-BEING

Building on its ongoing efforts to expand its offerings to become an even more inclusive and accessible space for art appreciation and well-being, the Gallery will launch **The Calm Room** in tandem with Gallery Wellness Festival.

The Calm Room is a dedicated space for visitors including those from neurodiverse communities, who may feel over-stimulated or overwhelmed by their environment. Designed in consultation with an appointed Access Consultant and individuals from neurodiverse communities, every detail in the Calm Room – from wall colours to textile choices and light settings – has been purposefully chosen to create a sensory-friendly space for all. The Calm Room's features include soothing ambient soundscapes, special seating pods for privacy and



sensory kits which are available upon request, to help visitors take time to calm down, regulate stress responses and renew their focus during their museum visit.

Ticketing and registration are required for select programmes. For more information, visit www.nationalgallery.sg/gallerywellnessfestival or refer to the annex below. Media assets are available at this [link](#).

- *Annex A: Gallery Wellness Festival 2022: Art Restores List of Programmes*

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About National Gallery Singapore

National Gallery Singapore is a leading visual arts institution which oversees the world's largest public collection of Singapore and Southeast Asian modern art. Situated at the birthplace of modern Singapore, in the heart of the Civic District, the Gallery is housed in two national monuments - City Hall and former Supreme Court - that have been beautifully restored and transformed into this exciting 64,000 square metre venue. Reflecting Singapore's unique heritage and geographical location, the Gallery aims to be a progressive museum that creates dialogues between the art of Singapore, Southeast Asia and the world to foster and inspire a creative and inclusive society. This is reflected in our collaborative research, education, long-term and special exhibitions, and innovative programming. The Gallery also works with international museums such as Centre Pompidou, Musée d'Orsay, Tate Britain, National Museum of Modern Art, Tokyo (MOMAT) and National Museum of Modern and Contemporary Art, Korea (MMCA), to jointly present Southeast Asian art in the global context, positioning Singapore as a key node in the global visual arts scene.

In 2020, the Gallery was the only museum in Southeast Asia that received a ranking in The Art Newspaper's annual global survey of attendance at art museums, taking 20th place. It was the first museum in Asia to receive the Children in Museums Award by the European Museum Academy and Hands On! International Association of Children in Museums in 2018. The



Gallery also won the awards for “Best Theme Attraction” at TTG Travel Awards 2017, “Best Attraction Experience”, “Breakthrough Contribution to Tourism” and “Best Customer Service (Attractions)” at the prestigious Singapore Tourism Awards in 2016 for its role in adding to the vibrancy of Singapore’s tourism landscapes.

About Wellness Festival Singapore

Wellness Festival Singapore (WFS) is a 10-day line-up of wellness activities and experiences that promote holistic wellbeing. The programming comprises compelling virtual and physical activations across the island, with both free and ticketed events and experiences. The festival is organised by the Singapore Tourism Board in collaboration with Enterprise Singapore, Health Promotion Board, National Arts Council, Sentosa Development Corporation and Sport Singapore.

For more information, visit the WFS [website](#). Follow for more updates on Facebook and Instagram at @wellnessfestsg.

Art X Movement
for physical well-being

Somatic Movement series

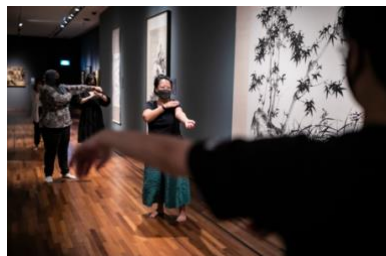
Format: Physical Facilitated Workshop

Ticketing: \$35 per pax

Sessions in the series:



- **Art of Silat with Hafeez**
(Featuring live drums by Riduan)
 - **Venue:** DBS Singapore Gallery 1
 - **Date & Time:** 5 & 12 Jun | 8.30am – 10am



- **Elemental Qi Gong with Diana**
(Featuring gong meditation by Kristin)
 - **Venue:** DBS Singapore Gallery 2
 - **Date & Time:** 5 & 12 Jun | 8.30am – 10am

In **Art of Silat with Hafeez**, learn how to embody the warrior within you in this foundational *silat* workshop with Hafeez. In this session, live drums by Riduan will enliven the experience and accompany you as you perform this traditional form of martial arts rooted in Malay culture.

Taking inspiration from the gentle, yet decisive brush strokes of Chinese ink paintings, **Elemental Qi Gong with Diana** features an elemental approach to *qi gong* with therapist and facilitator Diana. Using movement and breath work, you too can express the gestural strokes of the brush with your body. This workshop will close with a gong meditation by Kristin.

Under the guidance of facilitator Chloe, participants of **Embodied Landscapes with Chloe** will learn how to embody an earthly landscape through movement and using the body as a medium. You will move to the sounds of a playlist designed to help participants enter a flow state of mind, where you become more curious and inspired.

Registration is required via nationalgallery.sg/gallerywellnessfestival.

This programme is brought to you by Altered States (alteredstates.sg).

About Altered States

[Altered States](#) is a project by [Palm Ave Float Club](#), a contemporary wellness brand. They began their journey as a floatation therapy centre in 2014;



- **Embodied Landscapes with Chloe** (Featuring a curated Southeast Asian mix by a local DJ)
 - **Venue:** Padang Atrium
 - **Date & Time:** 4 & 11 Jun | 10am – 11.30am

helping people to find stillness and hit reset in a world that is over-stimulated and overworked.

Starting in 2020, Altered States studio was born from the desire to explore the deeper self, while making meaningful connections along the way. Here, participants get to develop their practice with a like-minded community, in a warm, inviting atmosphere.



Explore their programme, which is organised according to three pillars: align, meditate, and move. Some of their offerings include sound meditation, breathwork, and mindfulness training.

They have held day retreats, corporate events, and hosted trade and media partners for private sessions.


About the Artists

[Chloe Chotrani](#) is a therapeutic bodyworker and movement artist. She is deeply intrigued by the body as an instrument for transformation, relationship, and creative potency. She works with body-based practices that encourage connection to the body through the medium of movement. She works with people who experience a separation between the mind and body and invites expression and resolution. She has held space for groups in Singapore, Hong Kong, Australia, West Africa, London, Manila, New York, and more.

[Hafeez Hassan](#) is a *silat* practitioner, dancer and a functional rehab and mobility specialist. He has many years of experience in fitness, yoga, dance and exploring new and creative movements. He has also taken courses in Functional Training Institute,

	<p>Functional Range Conditioning and Functional Patterns. With all this knowledge and experience he has gathered over the years, it dawned on him that the key to longevity of the body is correct alignment/posture especially when the body is in motion and this includes daily activities. Hafeez will share his knowledge by integrating both his spiritual practices in dance, <i>silat</i> and yoga with functional corrective exercises to align the body, mind and spirit to achieve a peaceful body and a more empowered posture when moving.</p> <p>Diana Ng brings over two decades of personal exploration and training in the movement arts. She offers trauma-informed and grounded space for people to reconnect to the wonder and wisdom of their body through movement, touch and inquiry.</p>
<p>Closer – A Movement Audio Guide by Elizabeth de Roza and Laurie Yong</p>  <p>Format: Self-guided audio tour Venue: Various locations in the Gallery Date & Time: 3 – 12 Jun 10am – 7pm Ticketing: Free</p>	<p>Experience Antony Gormley's works in a more visceral way through a series of somatic scores developed by Elizabeth de Roza and Laurie Young. Presented via an audio guide, the listener will be guided to consider how they can use their own body to interact with the sculptures on display.</p> <p>No registration required. Participants may scan the QR code available on site to access the audio guide.</p>
<p>Art X Mindfulness <i>for socio-emotional well-being</i></p>	
<p>Slow Art Guide</p> 	<p>Inspired by the principles of slow looking and mindfulness, the Slow Art Guide is a self-guided audio experience of one artwork in the Gallery. Register for a group session to enjoy this unique audio guide as an interactive engagement or pick up</p>

<p>Format: Self exploration or group sessions</p> <p>Venue: DBS Singapore Gallery 2 or UOB Southeast Asia Gallery 10</p> <p>Date & Time: Group sessions 5 & 12 Jun 2.30pm and 4pm Registration required</p> <p>Individual exploration 3 – 12 Jun 10am – 7pm</p> <p>Ticketing: Free</p>	<p>the Slow Art Guide booklet from the Festival Counter to explore it in your own time.</p> <p>Slow Art Guide is available in three episodes featuring artworks from The Care Collection – a specially curated collection of artworks from our National Collection to support well-being programmes.</p> <p>Registration is required for Slow Are Guide Group Sessions via nationalgallery.sg/gallerywellnessfestival.</p>
<p>Exploring Bullet Journaling Workshop</p> <p>Format: Facilitated Workshop</p> <p>Venue: Seminar Rooms 3 & 4, Basement Concourse Level</p> <p>Date & Time: 4 Jun 1pm – 3pm & 3.45pm – 5.45pm</p> <p>Ticketing: \$68 per pax</p>	<p>In this workshop, learn all about the different components that are used in a bullet journal, after which you will plan and design your own layout. This introductory workshop is suitable for youths and adults with no experience in bullet journaling, and who would also like to inject some mindfulness and focus into their daily routines.</p> <p>Each participant will bring home a special wellness care kit featuring artworks from the Gallery’s Care Collection, as well as the tools and materials that will help you embark on your own bullet journaling journey.</p> <p>Registration is required via nationalgallery.sg/gallerywellnessfestival.</p> <p>Instructor: Stephanie Tan (@stephtcreates) A fervent bullet journaling enthusiast and advocate, Stephanie Tan’s passion for lettering creation, doodling, sketching and journaling has led to the creation of her own label, Stephtcreates. Having personally experienced the full benefits of bullet</p>

	<p>journaling, she hopes to inspire more people to join her on this fruitful and fun trip. Follow @stephtcreates on Instagram to find out more.</p>
<p>Wellness Care Kit</p>  <p>Format: Self-guided Date & Time: 3 – 12 Jun 10am – 7pm Price: \$20 per kit</p>	<p>Kickstart your personal bullet journaling and wellness journey with this care kit. Each kit contains a journal, a Sakura Pigma Micron pen, a box of watercolour pencils, stickers and a roll of washi tape.</p> <p>Featuring artworks from the Gallery’s <i>Care Collection</i>, the journal in this care kit was specially designed and developed in consultation with a psychologist and a bullet journaling artist. We hope that with this kit, you will learn more about bullet journaling while exploring the themes of self-care, mindfulness, growth, resilience and more.</p> <p>Purchase a Gallery Wellness Festival 2022 Wellness Care Kit online at nationalgallery.sg/gallerywellnessfestival and collect it at the Visitor Services Counter at the Padang Atrium.</p>

Art X Culture
for societal well-being

<p>Art X Wellness Panel Discussion</p> <p>Format: Facilitated Talk Venue: Singapore Courtyard, City Hall Wing, Level 2 Date & Time: 4 Jun 4pm – 5.30pm Ticketing: Free</p>	<p>The Art and Wellness Panel brings together expertise in the area of wellness, and presents how experiences of wellness can be created through thoughtful programming and artistic planning. It will also discuss how wellness can be evaluated and substantiated through arts programmes and activities. Join us in this conversation about the role of visual art in supporting personal well-being.</p> <p>Registration is required via nationalgallery.sg/gallerywellnessfestival.</p>
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<p>Painting the Dance</p> <p>Format: Performance</p> <p>Venue: Singapore Courtyard, City Hall Wing, Level 2</p> <p>Date & Time: 10 – 12 Jun 2.30pm – 3.30pm & 6.30pm – 7.30pm</p> <p>Ticketing: Free</p>	<p>Experience our latest exhibition <i>Ever Present: First Peoples Art of Australia</i> through a durational performance titled <i>Painting the Dance</i>, choreographed by indigenous Australian artist Mariaa Randall and presented by indigenous dancer Henrietta Baird.</p> <p>Registration is required via nationalgallery.sg/gallerywellnessfestival.</p>
<p>Stories in Art</p> <p>Format: Storytelling Performance</p> <p>Venue: Keppel Centre for Art Education</p> <p>Date & Time: 11 – 12 Jun 2.30pm – 3.15pm, 3.30pm – 4.15pm</p> <p>Ticketing: Free</p>	<p>Listen as our storyteller paints a picture worth a thousand words and tells the stories inspired upon looking at the artworks in the Gallery’s collection!</p> <p>Stories in Art is recommended for families with children of ages 4 – 10.</p> <p>Onsite registration at Keppel Centre for Art Education is required.</p>
<p>Sound Bath Experience</p> <p>Format: Facilitated Workshop</p> <p>Venue: Keppel Centre for Art Education</p> <p>Date & Time: 12 Jun 10am – 11am</p> <p>Ticketing: \$10 per pax</p>	<p>Let the waves of soothing and echoing sounds wash away your stress and fatigue as you immerse yourself in music created using everyday objects.</p> <p>Participants will also receive a toolkit at the end of the activity to continue this experience at home.</p> <p>This programme is recommended for children of ages 10-14.</p> <p>Registration is required via nationalgallery.sg/gallerywellnessfestival.</p>