



NATIONAL GALLERY SINGAPORE

MEDIA RELEASE

FOR IMMEDIATE REPORTING

NURTURING HOLISTIC WELL-BEING AND FORMING CONNECTIONS THROUGH ART AT THE GALLERY WELLNESS FESTIVAL 2023: ART CONNECTS



Singapore, 31 May 2023 – The Gallery Wellness Festival 2023, presented by the National Gallery Singapore, returns for its second edition with an expanded line-up of more than 20 unique wellness experiences from 17 June to 9 July 2023. This year's festival is themed "Art Connects" with a focus on human connections and the importance of connecting deeply with our emotions and people around us.

ENGAGING THE FIVE SENSES THROUGH ART-INSPIRED WELLNESS ACTIVITIES

Specifically designed to nurture the mind, body, and soul, the *Gallery Wellness Festival 2023: Art Connects* offers a wide range of art-inspired wellness activities for visitors, including guided workshops, immersive sensorial encounters, and vibrant creative spaces which aim to engage the five senses and to nurture holistic well-being.

Some of the programme highlights include:

Sight

- ***Mindful Art Walk*, a self-guided walk that provides participants the opportunity to engage their senses:** Designed by artist and art therapist Lee Sze-Chin, the walk aims to engage participants' senses with various activity prompts throughout the route. Participants are also invited to discover new relationships between people and places through the artworks and the journey through various landscapes.

Scent

- **Scents-ing: Aroma Workshop for Two, join facilitator Prachi Saini Garg, founder of Scentopia Singapore on a wellness journey:** Participants can sign up and create their own unique scent based on selected artworks from the UOB Southeast Asia Gallery. This workshop aims to encourage a mindful and intentional appreciation for the art through scents.

Sound

- **Music Jamming:** Explore different instruments and musical qualities to express various emotions with prompts designed by Dr Tan Xueli, President of Association for Music Therapy Singapore. Music Jamming is one of the festival's daily free art and wellness activities at "Offline @ The Spine Hall" (The Spine Hall, City Hall Wing, Level B1), where visitors can relax and connect with others in a cosy setting.

Touch

- **Art Therapy by Yoko Choi:** Join art therapist Yoko Choi in this art therapy experiential workshop where she uses artworks as conversation starters and guides participants to further explore their feelings through artmaking.

Taste

- **Wellness Menus curated in collaboration with the Gallery Wellness Festival 2023:** Visitors can embrace wellness through culinary experiences at two of the participating restaurants located at the Gallery. GEMMA will be serving up an exclusive three-course vegan Italian lunch menu, and Yàn has assembled a six-course wellness lunch set menu featuring exquisite Cantonese fare, with dishes designed to replenish the body.

The festival also seeks to reach out to audiences of different age groups and diverse needs through programmes such as the "Hush Silent TeaBar" led by trained deaf TeaRistas from HUSH TeaBar, where visitors can indulge in a time of self-care and social inclusion; and "Silver Vloggers" recommended for participants 60 and above to learn how to create basic TikTok videos inspired by a short tour at the Gallery. The full list of over 20 activities can be found in the Annex.

Ms Suenne Megan Tan, Senior Director, Museum Planning and Audience Engagement, National Gallery Singapore, said, "Art has the remarkable ability to inspire, heal, and connect.

We are thrilled to present Gallery Wellness Festival 2023: Art Connects, as the festival underscores our commitment to the well-being of our community. Through this festival, we hope to create a welcoming and inclusive space where individuals can explore their inner selves, find solace, and embark on a transformative journey of personal growth."

THE CALM ROOM CREATIVE RESIDENCY

As part of the Gallery's ongoing efforts to create inclusive and accessible spaces for both art appreciation and well-being, the **Calm Room** is a dedicated space where visitors can rest if they are feeling over-stimulated by their environment. Specially designed to be a soothing and sensory-friendly environment, visitors can take the time to calm down, regulate their stress responses, and have renewed focus. In line with the Gallery's commitment in providing more accessible spaces, the **Calm Room** is also wheelchair accessible and features an ambient soundscape, private seating pods, and sensory kits.



The **Calm Room** features its first creative residency artist Jevon Chandra, with his artwork *Picturing a Candle*, which is inspired by Aphantasia, a condition that the artist has, where individuals experience a lack of mental imagery and have a reduced capacity to access other mental senses such as sight, touch, taste.

The Calm Room Creative Residency is a two-year residency programme that invites a Singapore-based artist to meaningfully activate the Calm Room space and connect with relevant underserved communities. As a multimodal programme that combines community research, physical installations, and public programmes, the residency aims to build capacity for artists to work and co-create with underserved (particularly neurodivergent) communities, while also establishing connections between the Calm Room and the Gallery's curatorial focus in modern Southeast Asian art.

Artist Jevon Chandra will be holding a Calm Room Creative Residency workshop during the Gallery Wellness Festival which will draw reference from art therapy and counselling practices, considering the efficacy and limitations of "visioning" exercises commonly practiced in and inspired by said practices.

LAUNCH OF THE "RELAK BUDDY"



The Festival also sees the launch of its first-ever "Relak Buddy", a personal stress reliever created as a wellness ambassador to remind visitors to spend time for self-care. Using the Gallery's logo as reference, the Relak Buddy is intentionally designed with uneven eyes and limbs to celebrate the uniqueness in everyone. The Relak Buddy loves hugs, going to places,



and seeks to be a friendly companion. The Relak Buddy Wellness care kit is available for purchase online at \$15.

Ticketing and registration are required for select programmes. For more information, visit nationalgallery.sg/gwf2023 or refer to the Annex below.

The Gallery Wellness Festival 2023: Art Connects is part of Wellness Festival Singapore 2023, a 3-week island-wide event taking place from 17 June – 9 July. 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.



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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.

Annex: Gallery Wellness Festival 2023: List of Programmes and Activities from 17 June to 9 July 2023

[Key highlights, Tours & Workshops, Self-guided Activities, Talks & Performances]

*Due to NDP rehearsals, please note that Gallery operating hours will be changed to 10am – 3pm on these dates: 17 Jun, 24 Jun, 2 Jul, 8 Jul

Key Highlights	
<p>Mindful Art Walk (Self-guided)</p> <p>Date and time: 17 June–9 July 2023 10am–7pm</p> <p>Ticketing: \$5</p> <p>Meeting point: National Gallery Singapore, City Hall Wing, Level B1, The Spine Hall</p> 	<p>Embark on a mindful self-guided walk designed by artist and art therapist Lee Sze-Chin and engage your senses with various activity prompts along the route. Let the artworks and the journey through various landscapes ground and restore you. Who knows, you might even discover new relationships between people and places</p> <p>Recommended for ages 12 and above. Children aged below 12 should be accompanied by an adult. \$5 per person (inclusive of one tote bag and art materials).</p> <p>Upon payment, you may collect the Mindful Art Walk Guide and Art Kit at the Gallery Wellness Festival counter (located at Level B1, The Spine Hall).</p>
<p>Scents-ing: Aroma Workshop for Two</p> <p>Date and time: 23 and 28 June 2023 6–7.30pm</p> <p>Ticketing: \$25 per person (inclusive of General Admission ticket)</p> <p>Venue: National Gallery Singapore, Level 1, Supreme Court Foyer</p> 	<p>Join facilitator Prachi Saini Garg, founder of Scentopia Singapore, as you embark on a wellness journey through scent and mindful art appreciation.</p> <p>You and your companion will create your own unique scent based on selected artworks from the UOB Southeast Asia gallery. Bring home a bottle of your very own creation as a memento from the Gallery Wellness Festival!</p> <p>Participants are recommended to attend in pairs, but solo participants are also welcome.</p>

<p>Music Jamming (as part of the “Offline @ The Spine Hall” drop-in activities)</p> <p>Date and time: 17 June–9 July 2023 10am–7pm</p> <p>Ticketing: Free</p> <p>Venue: The Spine Hall, City Hall Wing, Level B1</p> 	<p>Visitors are invited to join in for Music Jamming and to experience the process of making music according to different feelings. They will be directed to look at the colours in the painting Horizontals I by artist Choy Weng Yang.</p> <p>Mr Choy believed that each colour has its own quality, and that different colours can evoke different moods in people.</p> <p>Visitors will be encouraged to look at the painting and match their moods to the colours in the artwork before trying to express it with the musical instruments, through prompts designed by Dr Tan Xueli, President of Association for Music Therapy Singapore.</p> <p>Music Jamming is one the festival’s daily free art and wellness activities at “Offline @ The Spine”, where visitors can relax and connect with others in a cosy setting.</p>
<p>Loving Self: Art Therapy</p> <p>Date and time: 17 June and 8 July 2023 10am–12pm & 1–3pm</p> <p>Ticketing: \$40 (inclusive of General Admission ticket)</p> <p>Venue: City Hall Wing, Level 5, Rooftop Studios</p> 	<p>Join art therapist Yoko Choi in this art therapy experiential workshop as she guides you on an exploratory journey of your feelings through various creative art processes.</p> <p>Recommended for ages 16 and above.</p>
<p>Wellness Lunch Menus by GEMMA and Yàn (participating restaurants located at the National Gallery Singapore)</p> <p>Date: 17 June–9 July 2023</p>	<p>Visitors can embrace wellness through culinary experiences at two of the participating restaurants located at the Gallery, with curated wellness menus in collaboration with the Gallery Wellness Festival 2023.</p>

GEMMA (#05-03)

Time: 12pm – 2pm

Cost: \$42++ per pax



Yàn (#05-02)

Time: 11.30am – 2.30pm

Cost: \$48++ per pax (minimum two persons)



(i) **GEMMA** will be serving an exclusive 3-course Italian set lunch menu. All ingredients in the menu are vegan and of the freshest premium quality.

Menu

- Amuse Bouche-Altamura Bread
- Primo Extra Virgin olive oil
- Green Gazpacho, Zebra Tomato, Kaffir Lime, Crostino
- Spaghetti Monograno Felicetti, Caponata, Perline Eggplant
- Kahlúa Crema, Arabica Coffee Pan di Spagna, Bitter Chocolate
- Petit Four

(ii) **Yàn** assembles a healthful six-course Wellness Set Menu, which features a repertoire of exquisite Cantonese fare, harmonising wellness and health with an array of appetising dishes designed to replenish the body during the hot and humid summer months. Classic techniques such as roasting, braising and double boiling are applied to bring out the natural flavours of the ingredients.

Menu

- Golden Pumpkin Broth with Crab Meat
- Deep Fried Prawns with Wasabi-mayo
- Roasted Meat Platter
- Soya Chicken, Barbeque Honey
- Glazed Kurobuta Pork, Chilled Italian Tomatoes
- Braised Bean curd with Preserved Green-Braised Noodles with Vegetables and Abalone Sauce
- Chilled Dried Apricot with Red Dates and Chia Seeds

Tours & Workshops

Movin' & Groovin' for Wellness by the Centre for Music and Health

Date and Time:

23 June 2023, 2–4pm

Ticketing:

Free with Registration

Venue:



National Gallery Singapore, City Hall Wing, Level 5, Rooftop Studios



Love to move and groove to a good tune? In collaboration with National Gallery Singapore, the NUS Centre for Music and Health is hosting a two-hour music and dance programme to promote wellness and creative expression.

Join us for a fun session of dancing and drumming! Professional musicians and dancers will guide you through the basics of hand-held percussion instruments and expressive movement.

It is recommended that participants wear comfortable clothing that allows you to freely

 <p>Movin' & Groovin'</p>	<p>move (e.g., loose clothing and sneakers; please note that short skirts/dresses are not recommended), as you will be engaging in light to moderate physical activity. No prior experience is needed.</p> <p>Recommended for ages 16–70. Free for all.</p>
<p>Listen to your Heart: Music Therapy</p> <p>Date and Time: 18 June, 9 July 2023, 10.30am–12pm</p> <p>Ticketing: \$30 (inclusive of General Admission ticket)</p> <p>Venue: City Hall Wing, Level 5, Rooftop Studios</p> 	<p>Do you listen to different music playlists when you are happy, sad, frustrated or worried? Have you ever wondered what it would be like to explore these feelings in more detail?</p> <p>You will learn more about what music means to us and our lives, and how it affects the minds and bodies through music therapy techniques like free improvisation, music, imagery and songwriting.</p> <p>This programme is brought to you by the Association for Music Therapy (Singapore). Find out more at http://musictherapy.org.sg/.</p> <p>Recommended for ages 15 and above.</p>
<p>Drawing the Self</p> <p>Date and Time: 24 June, 1 July 2023, 10am–12pm</p> <p>Ticketing: \$20 per person (inclusive of General Admission ticket)</p> <p>Meeting point: National Gallery Singapore, City Hall Wing, Level 1, UOB City Hall Courtyard</p> 	<p>If prompted, would you be able to recall what you look like in the mirror? If you were to draw your own self-portrait, where would you start?</p> <p>Taking time off to get in touch with your inner self is an important element of self-care. Join us in this guided workshop led by artist Dahlia Osman and learn to embrace all aspects of yourself through this playful and exploratory drawing workshop.</p> <p>Recommended for ages 16 and above.</p>

<p>HUSH Silent TeaBar</p> <p>Date and Time: 30 June, 7 July 2023, 5.30–7pm</p> <p>Ticketing: \$30 per person (inclusive of General Admission ticket)</p> <p>Venue: National Gallery Singapore, City Hall Wing, Level 5, Rooftop Studios</p> 	<p>Take a pause, reflect and immerse yourself in this journey of experiential empathy. Led by trained deaf TeaRistas from HUSH TeaBar, indulge yourself and set this time aside for self-care and social inclusion.</p> <p>Recommended for ages 16 and above.</p>
<p>Silver Vloggers</p> <p>Date and Time: 22, 29 June 2023, 2–4pm</p> <p>Ticketing: \$10 (inclusive of General Admission ticket)</p> <p>Venue: National Gallery Singapore, City Hall Wing, Level 5, Rooftop Studios</p> 	<p>Do your parents or grandparents struggle to post videos on social media? Or are you someone keen to pick up a new skill?</p> <p>Learning is a lifelong journey, and learning new skills is important for your mental well-being. Specially designed with seniors in mind, participants will go on a short tour in the Gallery with two artists and learn how to use the artworks as inspiration to create basic TikTok videos. Who knows, you could be the director of the next viral video!</p> <p>Recommended for ages 60 and above, but younger participants paired up with older family members and friends are also welcome.</p>
<p>Floral Expressions</p> <p>Date and Time: 18, 25 June 2023, 4–6pm</p> <p>Ticketing: \$30 (inclusive of General Admission ticket)</p>	<p>Get in touch with your feelings and express gratitude for yourself through the love language of flowers with this floral arrangement workshop by Maureen Luo, founder of The Lily Field and counsellor in training.</p> <p>Participants will get to bring home fresh flower arrangements in a vase.</p>

<p>Meeting Point: National Gallery Singapore, Level 1, Supreme Court Foyer</p> 	
<p>How to Art with Friends Growth Circles</p> <p>Date and Time: 1 July 2023, 1.30–3.30pm, 4–6pm</p> <p>Ticketing: \$10</p> <p>Venue: National Gallery Singapore, City Hall Wing, Level 5, Rooftop Studios</p> 	<p>How to Art with Friend Growth Circles is a collaborative programme between Growth Collective SG and National Gallery Singapore. Conducted in small groups of five to six participants, the programme is an intimate and engaging experience that encourages reflection, interaction and conversations over artworks in the Gallery.</p> <p>Join us and learn how to appreciate art on a more personal level, and how to reflect and practice self-care. Most importantly, connect with others, have fun and be inspired!</p>
<p>Slow Art X</p> <p>Date and Time: 2, 9 July 2023, 1–2.30pm</p> <p>Ticketing: \$30</p> <p>Venue: National Gallery Singapore, Supreme Court Wing, Level 3, UOB Southeast Asia Gallery 4</p>	<p>Slow Art X goes the eXtra mile to guide you through the principles of slow looking and mindfulness while enjoying eXtended time with one artwork from The Care Collection.</p> <p>Look forward to an engaging experience led by a certified facilitator, featuring observation exercises, somatic activities and group conversations. Connect with our art, yourself, and others through Slow Art X today!</p>



Calm Room Creative Residency Workshop

Date and Time:

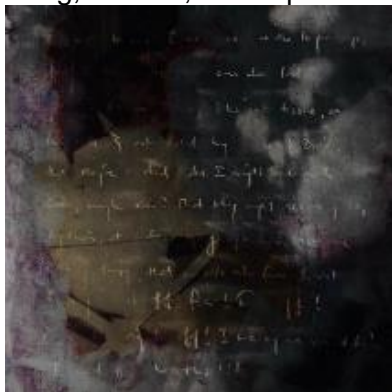
24 June 2023, 10.30am–12pm

Ticketing:

\$5

Venue:

National Gallery Singapore, City Hall Wing, Level 5, Rooftop Studios





Conceived as part of the NGS Calm Room Residency, this workshop is part of a series of installations, research, and engagements proposed across two years. Taking aphantasia—a condition colloquially described as “blindness of the mind’s eye,” and which the artist has—as a point of departure, the series is titled “Ways of Not Seeing: Aphantasia and its Affiliations.”

For this workshop, the artist and his collaborators will draw reference from art therapy and counselling practices, considering the efficacy and limitations of “visioning” exercises commonly practiced in and inspired by said practices. Given that the language used when referring to wellness is centered around the sense of sight—for example, to empathise is to “see” where others are coming from, and to hope is to “see” the light—participants will consider how “not seeing,” in both metaphorical and emotional contexts, can entail. Must we always see? What are some cases in which we can see, but would rather not? When are the moments when “wellness” feels familiar—or exceedingly foreign—to us?

About Jevon Chandra

Jevon Chandra (b. 1991) is a transdisciplinary artist and designer. Through time- and context-bound installations and interventions, his works explore the push and pull between sentiments of doubt and belief as present in acts of love, hope, and faith. He is currently an active member of Singapore-based socially engaged art collective Brack. While working in collaborative projects, he works towards the aim of developing his practice as a long-term endeavour that values decency, honesty, and patience.

<p>Somatic Movement: Qi Gong</p> <p>Date and Time: 1, 8 July 2023, 8.30–10am</p> <p>Ticketing: \$35 (inclusive of General Admission ticket)</p> <p>Meeting Point: National Gallery Singapore, City Hall Wing, Level 1, UOB City Hall Courtyard</p> 	<p>Taking inspiration from Chinese ink paintings at the Gallery, this session features an elemental approach to <i>qi gong</i> with somatic therapist Diana.</p> <p>Recommended for ages 15 and above. Participants should wear comfortable clothing and bring along their own exercise mat.</p>
<p>Somatic Movement: Art of Silat</p> <p>Date and Time: 2, 9 July 2023, 8.30–10am</p> <p>Ticketing: \$35 (inclusive of General Admission ticket)</p> <p>Meeting Point: National Gallery Singapore, City Hall Wing, Level 1, UOB City Hall Courtyard</p> 	<p>Connect with the warrior within this foundational workshop on Silat—a traditional form of martial arts rooted in Malay culture—with Hafeez.</p> <p>Recommended for ages 16 and above.</p> <p>Participants should wear comfortable clothing that they should be able to move around in.</p>
<p>Singapore River Sketchwalk</p> <p>Date and Time: 24 June 2023, 10am–12.30pm</p> <p>Ticketing \$5</p> <p>Meeting point: National Gallery Singapore, City Hall Wing, Level 1, UOB City Hall Courtyard</p>	<p>Ever wanted to try urban sketching but not sure where to start? Join us for this specially designed session that starts with a short tour about Singapore River artworks in the Gallery, followed by sharing of sketching tips from an experienced Urban Sketcher. Participants will receive an art bag with basic drawing tools and get the chance to walk along the river and make their own sketches.</p> <p>Recommended for ages 15 and above. In collaboration with Urban Sketchers Singapore.</p>



Namjooning (Guided)

Date and Time: (New slots added)

19 June, 11am–12pm, 2–3pm
 1 July, 11am–12pm, 2–3pm
 8 July, 2–3pm

Ticketing:

Free with registration

Meeting point:

National Gallery Singapore, City Hall Wing, Level 1, UOB City Hall Courtyard



Inspired by singer and rapper Kim Namjoon—also known as RM, the leader of K-pop supergroup BTS—the term “Namjooning” refers to the act of appreciating art, visiting museums, reading, communing with nature and other forms of self-care.

Join us for the guided tour of the trail which pairs artworks from the UOB Southeast Asia Gallery with BTS songs that capture similar themes.

For the tour, please bring along your headphones and download the Spotify app on your phone.

Recommended for ages 16 and above. Free for all.

Visitors can also opt for the free self-guided option for Namjooning, which is available daily during the Gallery Wellness Festival from 17 June to 9 July 2023. Visitors can download the trail materials via the GWF website at nationalgallery.sg/gwf2023.

Immersive Storytelling

Date and Time:

18, 25 June 2023, 1.30pm-2.30pm, 3.30pm-4.30pm

Ticketing:

\$10 for each parent-child pair, \$15 for each adult-child trio (inclusive of admission to the Gallery)

Meeting point:

National Gallery Singapore, City Hall Wing, Level 1, Keppel Centre for Art



Want to spend quality time with your little ones during the weekend?

Join our storyteller Mark Tan in this immersive storytelling session that uses Koeh Sia Yong’s painting *Here They Come!* as the setting. Parents and children alike will have the opportunity to learn more about emotional expression and how to better understand each other’s feelings and thoughts through fun and engaging activities.




Recommended ages for each session

Age 6–9 years: 18 and 25 June, 1.30pm–2.30pm


Age 10–12 years: 18 and 25 June, 3.30pm–4.30pm

<p>Education</p> 	
<p>Self-guided Activities</p>	
<p>Offline @ The Spine Hall</p> <p>Date and Time: 17 June–9 July 2023, 10am–7pm</p> <p>Venue: National Gallery Singapore, City Hall Wing, Level B1, The Spine Hall</p> 	<p>Offline @ The Spine Hall offers art and wellness activities that encourage visitors to relax and connect with others through art in a cosy setting. Visitors may drop in any time during Gallery opening hours for free activities.</p> <ul style="list-style-type: none"> • Music Jamming • Everyday Hero puppet making • Wear Your Art headgear making • Words that Count blackout poetry • Read & Relax • Making Memories photo booths <p>Recommended for ages 5 and above.</p>
<p>Art With You</p> <p>Date and Time: 17 June–9 July 2023, 10am–7pm</p> <p>Ticketing: Free</p> <p>Venue: National Gallery Singapore, City Hall Wing, Level 2, DBS Singapore Galleries 1 and 2</p> <p>National Gallery Singapore, City Hall Wing, Level 1, KCAE Workshop</p>	<p>Art with You is an evidence-based museum programme developed by National Gallery Singapore in partnership with Dementia Singapore, which aims to foster positive and meaningful engagement that supports the wellbeing of caregivers and persons with dementia. Art with You combines people-centred care with arts engagement to create an inclusive environment where persons with dementia are valued, respected and empowered.</p> <p>You may collect the Art with You Caregivers Guide and Art Kit at the following locations in the Gallery:</p> <ul style="list-style-type: none"> • City Hall Wing, Level 1, Keppel Centre for Art Education reception counters (Art with You Caregivers Guide and Art Kit are available) • Supreme Court Wing, Level 1, UOB City Hall Courtyard and Padang Atrium, and Level B1 Concourse, Visitor Services

	<p>(Only Art with You Caregivers Guide available)</p> <ul style="list-style-type: none"> Level B1, The Spine Hall, Gallery Wellness Festival counter
<p>Namjooning (Self-Guided)</p> <p>Date and Time: 17 June–9 July 2023 10am–7pm</p> <p>Ticketing: Free</p> <p>Meeting point: National Gallery Singapore, City Hall Wing, Level 1, UOB City Hall Courtyard</p> 	<p>Inspired by singer and rapper Kim Namjoon—also known as RM, the leader of K-pop supergroup BTS—the term “Namjooning” refers to the act of appreciating art, visiting museums, reading, communing with nature and other forms of self-care.</p> <p>Take on the self-guided trail which pairs artworks from the UOB Southeast Asia Gallery with BTS songs that capture similar themes.</p> <p>Please bring along your headphones and download the Spotify app on your phone. The trail guide will be available via our website at nationalgallery.sg/gwf2023.</p> <p>Recommended for ages 16 and above. Free for all.</p>
<p>Slow Art Guide</p> <p>Date and Time: 17 June–9 July 2023, 10am–7pm</p> <p>Ticketing: Free</p> <p>Venue: National Gallery Singapore, City Hall Wing, Level 2, DBS Singapore Gallery 2, National Gallery Singapore, Supreme Court Wing, Level 3, UOB Southeast Asia Gallery 10</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. There are three episodes available, each featuring a different artwork. These artworks are part of The Care Collection, a selection of artworks from the National Collection that support wellbeing.</p> <p>Pick up a Slow Art Guide booklet from the Gallery Wellness Festival Counter located at The Spine Hall at Level B1 to start your journey!</p>

	
<p>Relak Buddy Digital Story</p> <p>Date and Time: 17 June–9 July 2023</p> 	<p>The Gallery Wellness Festival would like to introduce your own personal stress reliever, Relak Buddy! Relak Buddy loves hugs and going to places. Squeeze it as often as you like and bring it along with you wherever you go!</p> <p>Take a walk around National Gallery Singapore and create your own digital story documenting your new buddy's adventure!</p> <p>Post your story on Instagram and include the hashtags #GWF2023 and #ArtConnects.</p> <p>Purchase your own Relak Buddy online at \$15 and collect it at the Gallery Wellness Festival counter (located at Level B1 in The Spine Hall).</p>
Talks & Performances	
<p>The Sound of Feelings</p> <p>Date and Time: 17 June 2023, 1.30–3pm</p> <p>Ticketing: Free</p> <p>Venue: National Gallery Singapore, Level B1, Padang Atrium</p> 	<p>Have you ever wondered how a composer creates the soundtrack for a movie? What do you think creating your own music for a painting would be like?</p> <p>In this session, composer Dr Chen Zhangyi will reveal the process of composing a piece of music based on artist Liu Kang's oil painting, <i>Life by the River</i>, and perform it with harpist Fontane Liang. They will also invite the audience to participate in this interactive talk before sharing tips on how music can enhance your mental well-being.</p> <p>Recommended for ages 12 and above. Free for all.</p>
<p>Lorong Boys Music Performance</p> <p>Date and Time: 18 June 2023, 2–3pm</p>	<p>Get ready to be swept away by the groovy sounds of Lorong Boys as they bring the audience on a unique journey through their music.</p>

<p>Ticketing: Free</p> <p>Venue: National Gallery Singapore, Level B1, Padang Atrium</p>  <p>Photo credit: 19sixtyfive</p>	<p>Lorong Boys are award-winning Singaporean musicians who are equally at home playing on the hallowed stage of a concert hall and in the heartlands.</p> <p>They burst onto the Singapore music scene in May 2014, when their spontaneous performance on an MRT train became a viral hit. Since then, they became known for their vivacious energy, spontaneity and affinity for sharing music—qualities which have endeared them to audiences everywhere.</p> <p>Don't miss your chance to see them live at the Gallery Wellness Festival!</p> <p>Recommended for ages 3 and above. Free for all.</p>
<p>NAC Let's Connect</p> <p>Date and Time: 19 June 2023, 9.30am–4.30pm</p> <p>Ticketing: Free with registration</p> <p>Venue: National Gallery Singapore, City Hall Wing, Level B1, Ngee Ann Kongsi Auditorium</p> 	<p>Organised by the National Arts Council, Let's Connect! is an annual platform where artists and community stakeholders can engage in dialogues on arts engagement and participation. Continuing last edition's focus on arts and well-being, participants will hear from representatives from diverse sectors on how the arts can provide a caring space for people to improve their well-being through individual expression and social connection.</p> <p>In addition to speakers' presentations in the morning, participants can look forward to gaining deeper, more practical knowledge and perspectives through afternoon workshops and networking opportunities. The workshops will delve into various aspects of arts and well-being including art therapy, emotional and mental health.</p> <p>Let's Connect! is organised in collaboration with National Gallery Singapore, LASALLE College of the Arts and Singapore Art Museum. National Gallery Singapore is also the Venue Partner for the event.</p> <p>The event will be held in-person at the Gallery. Singapore Sign Language interpretation will be provided.</p>
<p>One Moon, Two Worlds</p> <p>Date and Time: 17 June–9 July 2023, 10am–7pm</p> <p>Ticketing:</p>	<p>Responding to <i>Liu Kuo-sung: Experimentation as Method</i>, an artwork titled <i>One Moon, Two Worlds</i> was co-created by students from Boon Lay Secondary School, Methodist Girls' School, Westwood Secondary School and seniors from MWS Wesley Active Ageing Centre - Jalan</p>

<p>Free</p> <p>Venue: National Gallery Singapore, City Hall Wing, Level 1, Keppel Centre for Art Education</p> 	<p>Berseh through workshops facilitated by artist Veronyka Lau.</p> <p>Participants were invited to engage in a journey of connecting with themselves and others via experimental art-making processes and dialogues celebrating stories across generations. This activity helped to foster wellness through intergenerational bonding and bridging the young and young-at-heart.</p> <p>Why not experience the process for yourself?</p> <p>This programme is open to all, intergenerational audiences are encouraged and welcomed to participate in the following activities:</p> <p>One Moon, Two Worlds Exhibition 17 June–9 July 10–7pm Keppel Centre for Art Education Hallway</p> <p>Drop-in Intergenerational Art Activity 8 July 10–2pm Keppel Centre for Art Education Workshop 1 and 2 9 July 2–4pm Keppel Centre for Art Education Workshop 1 and 2</p> <p>Closing Programme 9 July 4–4.30pm National Gallery Singapore, Level B1, Padang Atrium</p> <ul style="list-style-type: none"> • 4–4.15pm: Sharing by Veronyka Lau, resident artist for givingBAC pilot programme • 4.15–4.30pm: Performance by workshop participants
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