Press release
19 March 2015

Yoga at the museum!

Gao Xingjian: artworks to see but also to experience thanks to... yoga! The Royal Museums of Fine Arts of Belgium offer a full and unique immersion into this world renowned artist's universe. The six monumental paintings especially created for this room by Gao Xingjian will become the backdrop of monthly yoga sessions, starting this March the 27th.

Yoga for everyone

The yoga sessions – in English – are accessible for everyone (beginners or advanced), over 18y. The teacher, Laia Puig Escandell, is a yoga professional who bases her classes on the key points of the “Sivananda” holistic system:

- **Asana** - Proper exercise: Yoga physical postures help develop a strong, healthy body by enhancing flexibility and improving circulation
- **Pranayama** - Proper breathing: learn how to breath properly, deeply and consciously, thus reducing stress
- **Savasan** - Proper relaxation: keep your body from going into overload mode and ease your worry and fatigue
- **Vedanta & Dhyana** - Positive thinking & Meditation: the true keys to achieving peace of mind and eliminating negativity in your live
The awakening of consciousness

By organizing this event, the Royal Museums of Fine Arts of Belgium encourage the public to rediscover their Museums as a space of contemplation. The yoga practice enables a dialogue with the philosophy of an artist who has always tried to build bridges between the Oriental and Occidental world. Art turns into dreams and relaxation and leads to spiritual awakening.

Other activities will take place there in the coming months: meditation sessions, meetings, etc.

Gao Xingjian in Brussels

Six monumental and exclusive works of Gao Xingjian have been on display in the Bernheim room since February 26, 2015. The artist created them especially for the Royal Museums of Fine Arts of Belgium.

Gao Xingjian, Frenchman of Chinese origin, is a painter, writer, playwright and director. He was awarded the Nobel Prize of Literature in 2000.

Simultaneously:
Retrospective at Musée d'Ixelles, 26.02 > 31.05.2015 – www.museedixelles.irisnet.be

SPECIAL YOGA SESSION FOR THE PRESS
Tuesday 24.03.2015 | 15:00-16:00

Free yoga session for the journalists

> Disconnect from the outside world for 1h !
> Relax !
> Refuel !

- Very accessible yoga session [all levels]
- In English
- Possibility to change [comfortable clothes recommended!]
- Yoga mats provided

Rue de la Régence 3 | 1000 Brussels
Confirmation: samir.al-haddad@fine-arts-museum.be

Press images
Images with high resolution here available: http://down.fine-arts-museum.be/pressgao.zip

Practical information

YOGA
Your teacher: Laia Puig Escandell - www.layakariyoga.be
Laia was introduced to yoga as a parallel practice to her dance career in 1998. However, it wasn't until she took a Sivananda Yoga Teachers Training in 2008 in South India that her real initiation into Yoga started, with growing passion. From then on, she took multiple trainings in Yoga as well as massage. Prenatal Yoga, Yoga for kids, stress management and correct alignment Yoga,... Currently, she teaches Yoga on a regular basis at the P.A.R.T.S. dance school and to open groups around Brussels on all levels. Parallel to that, she gives Ayurvedic massages and treatments, Yoga retreats and workshops.

Schedule: every last Friday of the month
- Friday 27.03.2015 | 12:15 > 13:15
- Friday 24.04.2015 | 12:15 > 13:15
- Friday 22.05.2015 | 12:15 > 13:15
- Friday 26.06.2015 | 12:15 > 13:15

Price: 8€ per session [reduced price: 6€ for youth 18-26y / Friends of the Museums]

Online reservations [limited places: 25p]: http://onlineticketing.fine-arts-museum.be

Adress:
Musée OldMasters Museum | Salle Bernheim
Rue de la Régence 3 B–1000 Brussels

Info/advice:
- Don't eat immediately before the yoga
- Put on a comfortable outfit [no jeans!]
- Yoga mats provided

GAO XINGJIAN EXHIBITION:
Since 26.02.2015
Tuesday > Friday | 10:00 > 17:00
Saturday > Sunday | 11:00 > 18:00

Free access with an Old Masters Museum ticket or a Combi ticket

Musée OldMasters Museum | Salle Bernheim
Rue de la Régence 3 B–1000 Brussels
www.fine-arts-museum.be
T +32 (0)2 508 32 11

Press relations
Samir Al-Haddad
T + 32 2 508 34 08 M + 32 472 50 00 14
Rue du Musée 9 | 1000 Bruxelles
samir.al-haddad@fine-arts-museum.be

Communication
Isabelle Bastaits
Head of External Communication & Relations
T + 32 2 508 34 09 M + 32 479 24 99 04
Rue du Musée 9 | 1000 Bruxelles
isabelle.bastaits@fine-arts-museum.be