

ASIAN ART MUSEUM
Chong-Moon Lee Center
for Asian Art & Culture
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Asian

News



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PUBLIC PROGRAMS

Yoga: The Art of Transformation Feb. 21–May 25, 2014

SAN FRANCISCO, Jan. 21, 2014—The Asian Art Museum presents a range of insightful public programs to accompany the exhibition *Yoga: the Art of Transformation* on view Feb. 21–May 25, 2014. Yoga classes, performances, evening events, lectures and art activities are scheduled throughout the exhibition period, along with docent talks and exhibition tours. The Asian Art Museum will celebrate the exhibition with an energizing opening night party on Friday, Feb. 21 featuring acro-yoga demos, a Bhangra dance session and music provided by MC Yogi, DJ Drez and DJ Sol Rising. The festivities continue the next day with the Yoga Festival filled with yoga classes taught by top-notch yoga teachers.

The Asian Art Museum presents *Yoga: The Art of Transformation*, the first major exhibition to explore yoga and its historical transformation over the past 2,500 years through more than 130 rare and compelling artworks. The exhibition features objects from 25 museums and private collections in India, Europe and the United States, amounting to one of the most remarkable surveys of Indian art.

TALKS

In-Gallery Talk with Curators

Friday, March 7, 3–3:45 p.m.

Meet at the information desk, free with museum admission

Explore the exhibition *Yoga: The Art of Transformation* with the curators Qamar Adamjee and Jeffrey Durham and discover what it takes to present an exhibition from the inside.

The Ancient Science of Yoga

Saturday, March 8, 2–3:30 p.m.

Samsung Hall, free with museum admission

Dive deep with the experts to learn the science of yoga and the 5,000-year-old system of medicine from India called Ayurveda. Dr. Margaret Chesney, director of UCSF's Osher Center for Integrative Medicine, and Dr. Anand Dhruva, integrative medicine physician,

MORE

use artworks from the exhibition *Yoga: The Art of Transformation* to discuss the practices' origins and their effects on health. Discover the body's seven energy centers (chakras) and learn about color and sounds associated with each. Co-presented by the UCSF Osher Center for Integrative Medicine and Asia Society.

Journey of Self with Yoga Master B.K.S. Iyengar: a Talk by Manouso Manos

Sunday, March 9, 2–3 p.m.

Samsung Hall, free with museum admission

Senior Iyengar Yoga Teacher Manouso Manos has been studying and practicing yoga for almost 40 years at the feet of one of the world's most recognized yoga masters, Yogacharya B.K.S. Iyengar who just turned 95 this year. Manouso will take us on a journey of the modern history of yoga and the life and influences of B.K.S. Iyengar on yoga and the world.

Beginning his studies with Sri B.K.S. Iyengar in 1976, Manouso Manos is one of the most capable and experienced of the Senior Iyengar Yoga Teachers, holding one of only two Advanced Senior certificates granted worldwide by B.K.S. Iyengar. Co-presented with the Iyengar Institute of San Francisco.

In-Gallery Talk with Curators

Friday, April 4, 3–3:45 p.m.

Meet at the information desk, free with museum admission

Explore the exhibition *Yoga: The Art of Transformation* with the curators Qamar Adamjee and Jeffrey Durham and discover what it takes to present an exhibition from the inside.

Behind the Scenes: Creating *Yoga: The Art of Transformation*

Thursday, April 10, 7–8:30 p.m.

Samsung Hall, free with museum admission (\$5 after 5 p.m.)

Debra Diamond, curator of *Yoga: The Art of Transformation*, shares the process of creating the first major study on the visual culture of yoga. Diamond charts the project from its initial concept and research through interdisciplinary collaborations with scholars, yoga practitioners and exhibition designers. Focusing on masterworks on view at Asian Art Museum, her talk illuminates how visual culture can convey embodied transformations and reveal yoga's diverse and profound manifestations in history.

The Modern Science of Yoga

Saturday, April 12, 2–3:30 p.m.

Samsung Hall, free with museum admission

Dive deep with the experts to learn the science of yoga and the 5,000-year-old system of medicine from India called Ayurveda. Dr. Margaret Chesney, director of UCSF's Osher Center for Integrative Medicine, and Dr. Anand Dhruva, integrative medicine physician, use artworks from the exhibition *Yoga: The Art of Transformation* to discuss the practices' origins and their effects on health. Co-presented by the UCSF Osher Center for Integrative Medicine and Asia Society.

The Ayurvedic Kitchen Pharmacy: The Yoga of Culinary Spices

Thursday, April 17, 6–7:30 p.m.

Samsung Hall, \$20 members; \$25 general

Join Dr. Anand Dhruva and chef Nalini Mehta for an evening of conversation and cuisine showcasing Ayurvedic principles of cooking. Ayurveda is an ancient traditional medicine native to the Indian subcontinent. Discover your mind-body type (*dosha*) and explore the origins and properties of Indian spices. Small tastings served. Co-presented by the UCSF Osher Center for Integrative Medicine, Asia Society, and the International Association of Yoga Therapists.

In-Gallery Talk with Curators

Friday, May 2, 3–3:45 p.m.

Meet at the information desk, free with museum admission

Explore the exhibition *Yoga: The Art of Transformation* with the curators Qamar Adamjee and Jeffrey Durham and discover what it takes to present an exhibition from the inside.

ASIAALIVE**Yoga and Art Series: Yoga, Classical Dance and Kalari ppayattu**

Friday and Saturday, March 28 and 29, noon–4 p.m.

North Court, free with museum admission

Witness the beauty of ancient movement art forms—yoga, Bharatanatyam and Kalari ppayattu—with renowned artists. This interactive demonstration explores the similarities and differences between the practices: yoga’s physical and spiritual dimensions, Bharatanatyam’s physical, emotional and performative aspects, and Kalari ppyattu’s healing potential as a martial art. Each form stems from the Indian subcontinent. Dr. Aparna Sindhoor and Anil Natyaveda will discuss the forms’ intersection and the dynamic they create when performed and experienced together. We also invite you to try out a few forms during the demonstration.

Dr. Aparna Sindhoor is a choreographer, director, actor and singer. She was nominated for the Los Angeles Stage Alliance Ovation Award for Choreography in 2013. Sindhoor creates contemporary works that challenge the boundaries of traditional Indian dance and yoga. Sindhoor trained in the Mysore style of Bharatanatyam for more than 15 years with legendary teacher Dr. K. Venkatalakshamma (Mysore palace dancer). She has trained in yoga, martial arts, aerial dance, music and theater.

Anil Natyaveda is a choreographer, dancer, teacher and martial artist (Kalari ppayattu) from Triuvanathapuram, India. He is one of world’s leading exponents of Kalari ppayattu, having performed at the Bates Dance Festival, Lincoln Center, Asian American Theater Festival, US and Edinburgh Dance Festival, Germany International Summer Theatre Festival, Hong Kong Art Festival and Khajuraho Festival of Dance. Natyaveda is trained in

classical, contemporary and aerial dance forms. He is co-director of Navarasa Dance Theater.

Yoga and Art Series: Kathak Yoga

Friday through Sunday, April 25–27, noon–4 p.m.

North Court, free with museum admission

Witness the revolutionary dance technique of Kathak yoga created by Pandit Chitresh Das. Kathak yoga combines innovation within tradition. The dancer performs rhythmic composition through footwork and other movement while simultaneously reciting the underlying rhythmic structure (theka), singing the corresponding melody (lehar), and playing the tabla, harmonium or finger cymbals (manjira). Kathak yoga is a unique and virtuosic practice requiring the dancer to integrate mind, body and spirit, with the goal of achieving an energy of oneness through the dance. Kathak yoga and Pandit Das' work were the subjects of Dr. Sarah Morelli's PhD dissertation at Harvard University.

The Chitresh Das Dance Company (CDDC) comprises dancers whose abilities exemplify Chitresh Das' emphasis on the technical, graceful and dramatic aspects of Kathak dance. The company's repertoire ranges from an exploration of North and South Indian rhythms (Pancha Jati) and stories and images of the lavish courts of India (Darbar) to the dance energy of Tarana.

Yoga and Art Series: Bharatanatyam and Odissi

Friday through Sunday, May 16–18, noon–4 p.m.

North Court, free with museum admission

Yoga is traditionally associated with ancient schools of Hindu philosophy, in which one attains peace and salvation as the mind, body and spirit unite. Indian classical dance has its own journey that defines a unique path for individuals to attain liberation. The dancers Bharatanatyam (Navia Natarajan) and Odissi (Niharika Mohanty) will demonstrate the benefits of dance and yoga practice, bringing their individualistic styles together in juxtaposition while incorporating yoga postures (asanas) and the extension of breath (pranayama).

Niharika Mohanty is the founder-director of Guru Shradha, a Bay Area Odissi classical dance institution that carries on the tradition of one of Odissi's founders, Guru Kelucharan Mohapatra. Mohanty was a longtime student of his and continues to refine her art alongside his son and daughter-in-law.

Navia Natarajan has been dancing to the beat of Bharatanatyam as a student of Guru Smt Padmini Ramachandran, Guru Sri A. Lakshmanan and Smt Bragha G. Bessell. Acclaimed for her passion and ability to weave epic stories and human experience, Navia makes Bharatanatyam accessible for all generations. In addition to touring the U.S., Navia performs in India three to four months every year.

PERFORMANCES, DEMONSTRATIONS & ACTIVITIES

Yoga Opening Night Party

Friday, Feb. 21, 7–11 p.m.

Museum-wide, tickets are \$15–\$30 and can be purchased through

www.asianart.org/yoga, ComboTicket discount available

Take a deep breath and dance the night away with MC Yogi, DJ Drez and DJ Sol Rising. Not your speed? Stretch out in a 60 minute yoga class earlier in the evening led by MC Yogi or spend some time in our galleries. Either way, be the first to see the exhibition *The New York Times* called “immensely pleasurable.” Acro-yogis, Non Stop Bhangra with Dholrhythms, gallery tours, storytelling, complimentary sips by Laughing Glass Cocktails, and cash bars make this a feel-good party for the body and soul.

Yoga Festival

Saturday, Feb. 22, 10:30 am–4p.m.

Museum-wide, tickets are \$15–\$32 and can be purchased through

www.asianart.org/yoga, ComboTicket discount available

Practice yoga in the museum’s beautiful Samsung Hall with your choice of one of three 90-minute classes taught by top notch teachers: learn how to see and elevate our vision with Erica Jago, co-author of *Art of Attention*—a contemporary yoga workbook to inspire your practice; explore trust, connection, and playfulness through partner yoga on the ground and in the air with Jenny Sauer-Klein and Adam Rinder as they create a safe environment for acro-yoga—no experience necessary; synchronize your breath in vinyasa yoga with Stephanie Snyder. Open your mind and chill out in our collection galleries and yoga exhibition. Got kids? Bring ‘em! Yoga for the little ones, art making activities, storytelling sessions, Laughter Yoga, curatorial-led gallery talks, tours, and the Yogi Tea Lounge round out this family-friendly event. Beginners welcome. Bring a yoga mat and wear comfortable clothing.

Yoga Pop-Up Project

Thursday, Feb. 27, 6:30–7:30 p.m.

Check information desk for location, \$5 museum admission after 5 p.m., pay what you can for the class

Open your mind to art through yoga. The Yoga Pop-Up Project partners with art galleries, museums and other inspirational spaces to host yoga classes that draw people to art and yoga in the creation of a new type of artistic community—one that inspires people through yoga in order to open up their minds to art. Join the Yoga Pop-Up Project at the Asian Art Museum during the exhibition *Yoga: The Art of Transformation* for a vinyasa-style class. Beginners welcome. Mats available for \$3.

Family Fun Days

First and third Sundays, March–May, 10:30 a.m.–2:30 p.m. (10:30–11 a.m. stART tour for kids ages 3–7; 11 a.m.–2:30 p.m. art making and self-guided activities; 11:30–11:45 a.m. gallery parade)

Check location at the information desk, free with museum admission

Designed for pre-school and kindergarten students' families, Family Fun Days are exciting opportunities to explore art and ideas through storytelling, gallery activities, art making and more. Themes and projects change regularly—in March, April and May, get your yoga on with *Yoga: The Art of Transformation* exhibition.

Yoga Flow

First Sundays, March–May, 11 a.m.–12 p.m., 2–3 p.m.

Education Classrooms or Samsung Hall, check with the information desk for location, free courtesy of Target

How do we use works of art to connect with ourselves and others? Explore this idea through movement, meditation, stories, and, of course, art. Each session offers an opportunity to delve into practices that balance energy, align your body, and go inward to just chill. Please bring mats and wear comfortable clothing.

During *Yoga: The Art of Transformation*, we are taking the opportunity to highlight the great work two local non-profits, Headstand and the Art of Yoga Project, are doing to introduce the practice of yoga to at risk youth. Check them out at www.headstand.org and www.theartofyogaproject.org.

At 11 a.m., join teachers and students from Headstand for yoga practice and an introduction to the work they do in the schools. Headstand is an innovative non-profit organization that works to combat toxic stress in disadvantaged K–12 students through mindfulness, yoga, and character education. Working with Bay Area yoga teachers, Headstand's unique program combines mindfulness practices, yoga techniques, physical activity, and social and emotional learning as an integrated part of a school's curriculum.

Target First Free Sundays—free admission on the first Sunday of every month and the family programs offered on that day—is made possible by Target. Due to capacity restrictions, admission is not guaranteed.

Yoga: The California Connection

Thursday, March 6, 6–9 p.m.

Museum-wide, free with museum admission (\$5 after 5 p.m.)

Discover California's unique role in the adoption, evolution, and popularization of yoga today. Utilizing *Yoga: The Art of Transformation* as a point of departure, the evening features acro-yoga performances, demonstrations, and participatory workshops organized by Jenny Sauer-Klein as well as BAAT CHEET: A feast of talks about yoga's influence on our everyday lives. The night also includes DJ Janaka Selektta and cash bars.

BAAT CHEET: A feast of talks about Yoga's Influence on our everyday lives

Ten Bay Area presenters give short and dynamic talks that explore the impact of yoga on our daily lives and how California has served an important role in the adoption, evolution, and popularization of yoga in the twentieth century continuing through today. Speakers include; homeopathic physician Dr. Sachin Deshmukh, educator and leader in the field of mindfulness in education Meena Srinivasan, artist Ann Dyer, Chief Social Evangelist, Google Social for Brands Gopi Kallayil, founder and executive director of Healing Yoga Foundation (HYF) Kate Holcombe, Asian Art Museum curator Qamar Adamjee, artist and graphic designer Chiraag Bhakta, Ayurvedic chef Nalini Mehta, activist, artist, and filmmaker John Parulis, and Yoga historian Eric Shaw.

Perspectives on Yoga

Friday, March 28–Sunday, May 25, Tuesdays–Sundays, 10 a.m.–5 p.m., Thursdays, 10 a.m.–9 p.m.

Resource Center, free with admission

What does yoga mean to you? Share your personal perspectives on yoga, in words or illustrations, on the response wall in the museum's Education Resource Center. In this Resource Center, visitors can dive deeper into yoga literature, watch a video diary of perspectives on yoga from the Bay Area community and peruse the collection of artist Chiraag Bhakta, who has accumulated hundreds of commercial objects produced from the 1960s to the present, serving as a critique of the commercialization of yoga. After experiencing the exhibition and considering these divergent perspectives, visitors are invited to contribute their own perspectives to the dialogue.

Yoga Pop-Up Project

Thursday, March 27, 6:30–7:30 p.m.

Check information desk for location, \$5 museum admission after 6 p.m., pay what you can for the class

Open your mind to art through yoga. The Yoga Pop-Up Project partners with art galleries, museums and other inspirational spaces to host yoga classes that draw people to art and yoga in the creation of a new type of artistic community—one that inspires people through yoga in order to open up their minds to art. Join the Yoga Pop-Up Project at the Asian Art Museum during the exhibition *Yoga: The Art of Transformation* for a vinyasa-style class. Beginners welcome. Mats available for \$3.

Yoga and Art: Family Art Activity

Friday–Sunday, March 28–30, noon–4 p.m.

North Court, free with museum admission

Make your own yogi book or wall hanging, and learn about yoga from teachers representing the India Community Center of Milpitas.

Special Performance: An Afternoon with Navarasa Dance Theater

With Aparna Sindhoor and Guru Anil Natyaveda

Sunday, March 30, 1–2:30 p.m.

Samsung Hall, free with museum admission

Navarasa Dance Theater melds Indian classical dance, yoga, Indian martial art (Kalari ppayattu) and contemporary dance theater works to create a sensual and breathtaking performance. The performance includes stories and poems inspired by temple and palace dance traditions of south India as well as dance theater works to explore desire and sensuality. This work is a tribute to women and a challenge to the way women's bodies are viewed in modern societies in the east and west. Choreography: Aparna Sindhoor and Anil Natyaveda; concept and text: Aparna Sindhoor and S. M. Raju; dancers: Aparna Sindhoor, Anil Natyaveda, Sunil Kumar, Leah Vincent and Jyotish Rajan; costumes: Miranda Giurelo.

Yoga: Sounding Transformation

Thursday, April 3, 6–9 p.m.

Museum-wide, free with museum admission (\$5 after 5 p.m.)

Ann Dyer mines *Yoga: The Art of Transformation* to create a sensory performance that calls on the power of voice, word and sound expressed in yoga philosophies and texts throughout the ages. Dyer, director of the Vak Choir of “everyday” voices, finds inspiration in the vast array of usages of sound that span the yoga tradition—including Vedic mantra, Tantric bija mantras, kirtan, naada yoga, sanskrit and the roots of classical Indian music—to create contemporary works that reconnect participants and audience alike with the innate power of sound as a tool of transformation.

The night also includes DJ, cash bars, and the opening of the resource center presenting different perspectives on the topic of yoga. The resource center features an installation by artist and graphic designer Chiraag Bhakta of his collection yoga ephemera from the 1960's through early 80's, indirectly charting yoga's recent influence and impact on American culture.

Langgeng (Everlasting)

Multimedia Performance by Gamelan Sekar Jaya

Sunday, April 6, 2–4 p.m.

Samsung Hall, part of the Target First Free Sunday program

Join masters of Balinese music and find your balance. Renowned Balinese traditional music ensemble Gamelan Sekar Jaya presents a performance that includes the Hindu mantra Trisandya, with a guided meditation practice live from the village of Tunjuk, Tabanan in Bali via Skype. Watch a *kecak* Balinese dance workshop and a performance of *jegog*, a form of music indigenous to Bali that features the bamboo marimbas of West Bali.

Balinese music and dance are deeply intertwined with Balinese philosophy and spiritual practice. It is common for Balinese artists to meditate and make offerings before beginning their artistic practice. In Bali, artists strive to unify body and mind to provide a balanced and harmonious performance.

About the performers

Gamelan Sekar Jaya's mission is to foster artistic exchange between Bali and the United States through residencies, workshops, performances and the creation of innovative works of music and dance, and to share the excitement with diverse audiences. Founded in 1979, this 60-member ensemble has presented hundreds of concerts throughout the United States, Canada, Mexico and Bali. The group has been called "the finest Balinese gamelan outside of Indonesia" (Tempo magazine). GSJ is the only non-Balinese group to receive a Dharma Kusuma—Bali's highest award for artistic achievement. In 2014, GSJ celebrates its 35th anniversary. After an appearance with the San Francisco Symphony in June, the group will reconnect with its artistic roots by touring Bali and appearing at the Bali Arts Festival in July.

Yoga Pop-Up Project

Thursday, April 24, 6:30–7:30 p.m.

Check information desk for location, \$5 museum admission after 6 p.m., pay what you can for the class

Open your mind to art through yoga. The Yoga Pop-Up Project partners with art galleries, museums and other inspirational spaces to host yoga classes that draw people to art and yoga in the creation of a new type of artistic community—one that inspires people through yoga in order to open up their minds to art. Join the Yoga Pop-Up Project at the Asian Art Museum during the exhibition *Yoga: The Art of Transformation* for a vinyasa-style class. Beginners welcome. Mats available for \$3.

Yoga and Art: Family Art Activity

Friday–Sunday, April 25–27, noon–4 p.m.

North Court, free with museum admission

Make your own yogi book or wall hanging, and learn about yoga from teachers representing the India Community Center of Milpitas.

Raja Yoga: Meditation for Busy People

Sundays, April 27 and May 25, 3–3:45 p.m.

Resource Center, free with museum admission

Meditation is gaining popularity as a tool to de-clutter the mind and go from noise, stress and chaos, to peace, empowerment, and wellness. Learn to develop positive responses to challenging situations through the ancient art of Raja Yoga meditation. All classes led by members of the San Francisco Brahma Kumaris Center, www.brahmakumaris.org.

April 27: Cultivate Harmonious Relationships

We often enter relationships with our own agenda or ideas, an attitude that can lead to misery for ourselves and others. Develop techniques to break this cycle and bring respect, care, and appreciation into your relationships.

May 25: Learn to Relax

Tired of letting the hectic pace of your life take its toll on your energy, health, and emotional well-being? Learn methods for relaxation designed to help you worry less and enjoy more.

Yoga and Art: Family Art Activity

Friday–Sunday, May 16–18, noon–4 p.m.
North Court, free with museum admission

Make your own yogi book or wall hanging, and learn about yoga from teachers representing the India Community Center of Milpitas.

Yoga Pop-Up Project

Thursday, May 22, 6:30–7:30 p.m.

Check information desk for location, \$5 museum admission after 6 p.m., pay what you can for the class

Open your mind to art through yoga. The Yoga Pop-Up Project partners with art galleries, museums and other inspirational spaces to host yoga classes that draw people to art and yoga in the creation of a new type of artistic community—one that inspires people through yoga in order to open up their minds to art. Join the Yoga Pop-Up Project at the Asian Art Museum during the exhibition *Yoga: The Art of Transformation* for a vinyasa-style class. Beginners welcome. Please bring mats and wear comfortable clothing. Mats available for \$3.

FAMILY PROGRAMS**Kids Tours**

Saturdays and Sundays, starting Feb. 22–May. 25, 11:30 a.m. (30 minutes)

Meet near the information desk (suggested for families with kids ages 7–10), free with museum admission (kids 12 and under always get in free)

Kids Tours provide children and parents the tools and vocabulary to look at and talk about art. Explore the galleries with a docent on a search for artwork with amazing animals, creepy creatures and beautiful beings.

Storytelling! The Wicked, the Wily, the Wise

Sundays, 1–1:45 p.m. (suggested for ages 7 and up); First Sundays stART Tour, 10:30–11 a.m. (for ages 3–6) and 3–3:45 p.m. (suggested for ages 7 and up)

Meet near the information desk, free with museum admission (kids 12 and under always get in free)

Want to hear stories about heroic girls and boys, animal legends and tales about dynamic deities? Join a storytelling tour and listen to myths and folktales from Asia. While family friendly, these stories are not just for kids!

SCHOOL PROGRAM

School Program: Yoga: The Art of Transformation

Selected Tuesdays and Wednesdays, March 4–May 21, 9:45–11:15 a.m.

Up to 35 students, pre-registration required at www.education.asianart.org

Check information desk for location, free with pre-registration

Yoga has become a global phenomenon in the 21st century, but where did it come from and how did it come to be the practice we know today? Through a guided exploration of the exhibition *Yoga: The Art of Transformation*, students will discover the stories, histories, and practices of yoga beyond the poses and consider how, through yoga, we can transform ourselves and the world around us.

Teacher Workshop: Yoga: The Art of Transformation

Saturday, April 5, 9:30 a.m.–12:30 p.m.

Education Classrooms, \$10, pre-registration required at www.education.asianart.org

Learn about the historical origins and practices of yoga, and how it became popularized during the 20th century. Explore the collection galleries and special exhibition *Yoga: The Art of Transformation*, to learn strategies that integrate art, stories and movements inspired by yoga philosophy to foster sensory integration, mindfulness and good citizenship. Workshop includes a continental breakfast and curriculum materials.

Teacher Workshop: We All Live in the Forbidden City

Saturday, April 26, 10 a.m.–3 p.m.

Check information for location, free, pre-registration required at www.education.asianart.org

Explore content and strategies for using primary sources to teach about China through the lens of the Forbidden City, one of China's major historic and cultural icons. Teachers will learn about the significance of the Forbidden City through engaging stories about the people who once lived there, the role it played in China's imperial history, and its special architectural features. Includes a continental breakfast, lunch, and curriculum resources.

SPECIAL EXHIBITION DOCENT-LED TOURS

Daily at 10:30 a.m. and 2 p.m. Approx. 45 minutes.

Thursdays include a 6:30 p.m. tour. Approx. 45 minutes.

Saturdays, Sundays at 11:30 a.m. are tours designed for families. Approx. 30 minutes.

Meet at the information desk for all tours.

ABOUT THE ASIAN ART MUSEUM

The Asian Art Museum—Chong-Moon Lee Center for Asian Art and Culture is one of San Francisco's premier arts institutions and home to a world-renowned collection of more than 18,000 Asian art treasures spanning 6,000 years of history. Through rich art experiences, centered on historic and contemporary artworks, the Asian Art Museum unlocks the past for visitors, bringing it to life while serving as a catalyst for new art, new creativity and new thinking.

Information: 415.581.3500 or www.asianart.org

Location: 200 Larkin Street, San Francisco, CA 94102

Hours: The museum is open Tuesdays through Sundays from 10 a.m. to 5 p.m. From Feb. 6 through Sept. 11, 2014, hours are extended on Thursdays until 9 p.m. Closed Mondays, as well as New Year's Day, Thanksgiving Day and Christmas Day.

Admission for *Yoga: The Art of Transformation*: adults \$17; seniors, college students with ID, youth (13-17) \$13. Asian Art Museum members and children 12 and under are FREE. Thursday evenings after 5 p.m. is \$10. These prices include general admission. General admission is free the first Sunday of every month, thanks to Target Stores (\$5 surcharge for *Yoga* applies. Tickets are available on a first come, first served basis.)

General Admission: FREE for museum members, \$12 for adults, \$8 for seniors (65+), college students with ID, and youths (13–17). FREE for children under 12 and SFUSD students with ID. General admission on Thursdays after 5 p.m. is \$5 for all visitors (except those under 12, SFUSD students, and museum members, who are always admitted FREE). General admission is FREE to all on Target First Free Sundays (the first Sunday of every month). A surcharge may apply for admission to special exhibitions.

Access: The Asian Art Museum is wheelchair accessible. For more information regarding access: 415.581.3598; TDD: 415.861.2035.

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