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High-resolution media images available upon request

DAYTON ART INSTITUTE OFFERS NEW ‘YOGA AT THE MUSEUM’ SESSIONS ON FEBRUARY 12 & MARCH 5


On February 12, The DAI partners with Indigo Yoga for a session in the Shaw Gothic Cloister, taking place from 11 a.m. to 12:30 p.m. In this inspiring vinyasa yoga experience, Barb Morsa and Amy Fecher from Indigo Yoga will offer an upbeat, creative-flowing class, seamlessly linking breath with movement. Fluidity, rhythm and grace allow students of all levels to experience Prana, the universal source of breath, life-energy and conscious intelligence. Alignment and body centered cues will encourage participants to feel the practice from the inside out. The session will be followed by a champagne toast, and attendees are invited to explore the museum’s permanent collection galleries.

On March 5, certified yoga instructor Emily von Stuckrad will lead a unique yoga session on the stage of the museum’s Renaissance Auditorium, from 11 a.m. to 12:30 p.m. A 60-minute gentle yoga practice will be followed by 15 minutes of food/meditation pairing, and mimosas. Limited space is available for this special session.

Advance registration is recommended for Yoga at the Museum sessions. All sessions are now priced at $15 for museum members and $18 for non-members. Guests must bring their own mat. No bottled water is allowed in the galleries; The DAI will provide refreshments.
For more information or to register for Yoga at the Museum, go to [www.daytonartinstitute.org/yoga](http://www.daytonartinstitute.org/yoga) or call 937-223-4ART (4278) during regular museum hours. Tickets for most Dayton Art Institute events, exhibitions and programs may also be purchased online at [www.etix.com](http://www.etix.com).

Be sure to also connect with The Dayton Art Institute on [Facebook](http://www.facebook.com), [Twitter](http://www.twitter.com), [Instagram](http://www.instagram.com) and [Pinterest](http://www.pinterest.com) for additional information, behind-the-scenes photos and exclusive offers.

**ABOUT THE DAYTON ART INSTITUTE**

As one of the Miami Valley’s premier fine art museums, The Dayton Art Institute offers a full range of programming in addition to exhibiting its collection. Gallery hours are Wednesday – Saturday, 11 a.m. – 5 p.m., and Sunday, noon – 5 p.m., with extended hours until 8 p.m. on Thursdays. Suggested general admission to the museum’s permanent collection is $8 adults, $5 seniors, active military and groups. Admission is free for museum members, students (18+ w/ID) and youth (17 and under). Some special exhibitions, programs and events may carry an additional charge and include admission to the museum’s permanent collection as part of that price. Free parking is available at the museum and the facility is fully accessible to physically challenged visitors. The DAI’s Museum Store is open during regular museum hours. Leo Bistro serves lunch Wednesday – Friday, 11 a.m. – 2:30 p.m., Saturday, 11 a.m. – 2 p.m., and Sunday, noon – 3 p.m. Leo Bistro also serves dinner on Thursday evenings, 4:30 – 7 p.m. For more information, please visit [www.daytonartinstitute.org](http://www.daytonartinstitute.org) or call 937-223-4ART (4278). The Ohio Arts Council helped fund this organization with state tax dollars to encourage economic growth, educational excellence and cultural enrichment for all Ohioans. The DAI also receives support from the Montgomery County Arts and Cultural District.

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