



FOR IMMEDIATE RELEASE - Oshawa, Ontario – April 12, 2016

Celebrate Wellness at the RMG This Spring

The Robert McLaughlin Gallery (RMG) is celebrating the wellness of the body, mind and soul this spring by focusing on relaxation, meditation and your overall wellbeing with two new interactive and fun classes.

Introducing a new class about meditation and relaxation. *Mindfulness Mondays* offers a relaxing and welcoming environment for people of all levels of meditation. On Mondays from 12pm until 1pm, participants will learn meditation and practice reflective writing using interesting pieces from the gallery as inspiration. Randi-Mae Stanford-Leibold leads classes in the first session from May 9 until June 20, 2016.

The first session of *Yoga in the Gallery* brought a great turnout and is coming back for the spring and summer. The second session runs until April 21, and the third will be starting on May 12 until June 30, 2016. Join instructor Meg Cox on Thursdays from 5:30-6:30pm to practice yoga in the gallery and surround yourself with calming energy and beautiful artwork. Sign up for the next session or drop in to check it out!

“We are thrilled to offer our visitors a chance to relax around the artwork this spring and summer. Wellness and creativity are linked and these classes will provide the perfect opportunity for visitors to reflect in the gallery space,” said Leslie Menagh, Manager of Public Programs and ArtReach at the RMG.

The RMG offers a variety of spring and summer classes for all ages and skill levels, including specific classes for kids, teenagers and adults.

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The Robert McLaughlin Gallery

72 Queen Street, Civic Centre, Oshawa, ON L1H 3Z3

905-576-3000 | communications@rmg.on.ca | rmg.on.ca

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Media Inquiries: Sam Mogelonsky, Manager, Marketing & Communications | smogelonsky@rmg.on.ca

Directions: 401 to Oshawa, exit Simcoe St, North to Bagot St. Turn left at Bagot, 2 blocks to Gallery.

Gallery Hours: Monday, Tuesday, Wednesday, Friday: 10:00 am - 5:00 pm; Thursday: 10:00 am - 9:00 pm Saturday 10:00 am – 4:00 pm; Sunday: 12 pm - 4:00 pm.

Admission by donation. Parking available. Accessible location.

Spring 2016 Wellness Classes

Wellness in the Gallery Fact Sheet

Mindfulness Mondays

Session 1: May 9 – June 20, 2016

Mondays: 12 – 1pm



Instructor Biography:

Randi-Mae Stanford-Leibold is based out of Ajax but services Durham region and the Greater Toronto Area. Randi-Mae assists individuals, couples and organizations with exploring integrating wellness practices into their lives and workplace to enrich their wellbeing. Her practice is based on love, meditation, visualization and motion. She likes to ensure that her classes are a safe space based in compassion and non-judgment for individuals to explore their meditation and wellness journey freely. Randi-Mae's personal journey with meditation began 12 years ago. Throughout this time, she has had several teachers guide her. During her career as a Crisis Counsellor she used meditation, visualization and tai chi as her foundation for her self-care practice. She has discovered the impact of being present and entering moments of stillness, and is delighted to share this with her community.

She graduated from the University of Guelph-Humber with a Bachelor of Applied Science Degree in Family and Community Social Services and a diploma in Social Services. And has acquired training in wellness coaching, meditation, mindfulness in the workplace at the University of Toronto and tai chi.

Yoga in the Gallery

Session 2: March 3 – April 21, 2016

Session 3: May 12 – June 30, 2016

Thursdays: 5:30 – 6:30pm



Instructor Biography:

Meg Cox is based in Oshawa and an active volunteer at the RMG. Her classes are a light-hearted and welcoming environment. She enjoys teaching people who, like her, never thought yoga was something they could practice or enjoy. Cox initially started yoga to help strengthen her back from rowing injuries, but was captivated by the body accepting and nurturing nature of the practice. Now, with over 10 years of practice, her knees and back have strengthened and she has a kindness towards her body and life she never thought possible before. Studying with a variety of teachers around the world, Meg completed her first teacher training in 2014 through the AyurYoga EcoAshram in Mysore, India. She has since completed trainings with Yogaworks Yin Yoga with David Kim and attended international yoga conferences with Kathryn Budig, Kia Miller, and Forrest Yoga teacher Sinhee YeMcCabe.

For all press inquiries, please contact:

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Directions: From Toronto, 401 East to Oshawa, exit Simcoe Street, North to Bagot Street. Turn left at Bagot, 2 blocks to Gallery. Parking available.

Gallery Hours: Monday, Tuesday, Wednesday, Friday: 10:00 am - 5:00 pm; Thursday: 10:00 am - 9:00 pm; Saturday 10:00 am – 4:00 pm; 12 pm - 4:00 pm. Admission by donation.