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[PHOTOS AND BROLL AVAILABLE HERE.](#)



ART + MIND DAY

Interactive fest invites all ages to ignite their creative side and enhance their well-being

**May 18, 2025 at 10 a.m.
Free with RSVP**

Miami, FL – April 21, 2025 – The Adrienne Arsht Center for the Performing Arts of Miami-Dade County ([@arshtcenter](#)) is proud to present [ART + MIND DAY](#), a free, indoor, festival-style event filled with experiential activities that invite guests of all ages and abilities to connect, create and boost their well-being. Scheduled for Sunday, May 18 from 10 a.m. to 3 p.m., Art + Mind Day includes interactive arts workshops, a Miami-inspired immersive installation and an array of music, theater and dance experiences that nurture the mind, body and soul.

[PHOTOS AND BROLL AVAILABLE HERE.](#)

Art + Mind Day is FREE, and all ages are welcome. The event takes place indoors throughout the Arsht campus. Guests should RSVP online at arshtcenter.org.

The Arsht Art + Mind Day is presented in partnership with The Moss Center and made possible with support by Frederick A. DeLuca Foundation, Inc., rbb Communications and Miami-Dade County Department of Cultural Affairs and the Cultural Affairs Council.

ART + MIND DAY ACTIVITIES:

MUSIC, MOVEMENT & STORYTELLING:

- **Interactive Drumming:** Experience the power of collective rhythm in a high-energy, Brazilian-style drumming performance by MiamiBloco ([@miamibloco](#)) where music, movement and community come alive.

- **Sound Off Silent Disco** (@[soundoffexperience](#)): Take center stage, let loose and express yourself in an immersive wellness experience that combines mindfulness, movement, music and connection. Recommended for 12+
- **Drumming Workshop** by San Juan USA (@[sanjuan.usa](#)): Experience the healing power of Afro-Venezuelan drumming as you learn rhythmic patterns and percussion techniques and connect with the energy of the movement drum.
- **Yoga & Movement Workshop** with KR8TIVE Yoga (@[kr8tiveuprisinginc](#)): Connect mind and body through grounding yoga, breathwork and Afro-Caribbean movement in this interactive session for all ages.
- Music Therapy with **Wholesome Harmonies** (@[wholesomeharmonies](#)): Kids ages 3+ can sing, dance and play musical games in this fun, therapeutic session led by a board-certified music therapist.
- **Immersive Discovery Play:** The Treehouse Shakers (@[treehouseshakere](#)) invite young explorers (ages 3-6) to step into a magical coastal world and engage in music, dance and storytelling as they help gather, create and interact with the enchanting inhabitants of *The Littlest Cove*.

INTERACTIVE ART:

- **Collective Art-making** with Picardo Colours (@[picardocolours](#)): Create a collage square representing a cherished memory, woven into a collective artwork celebrating shared stories and creativity.
- **Immersive Art Installation** by Monica Lopez De Victoria (@[monicatronica](#)): Step into a breathtaking, immersive and interactive installation inspired by emotions, geometric connections and Miami's vibrant visual culture.
- **Hands-on Art Therapy** with Leah Guzman (@[leah.guzman.art](#)): Join artist and board-certified art therapist Leah Guzman (socials link) in a creative experience where children and families can express big emotions through hands-on projects.

FOOD & BEVERAGE:

- **Live Cooking Demonstrations:** Learn how to make healthy, plant-based meals, smoothies and mocktails with Nzingah Oniwosan (@[yesbabyilikeitraw](#)), a local yoga teacher and chef.
- Healthy bites and drinks will be available for purchase.

COMMUNITY MARKETPLACE: Stroll through the indoor community marketplace, where cultural, health and wellness organizations and artists will showcase their offerings and services.

Arsht Impact Programs

Art + Minda Day is one of the 12 ongoing Arsht Impact programs that create magical experiences and enrich the lives of more than 120,000 people of all ages in Miami, for free. Programs include:



[Family Fest](#), a season of performances featuring the world's leading family-friendly artists; [Gospel Fest Miami](#), a six-month season of celebration of gospel music's rich history and vibrant culture; [The Heritage Project](#), which celebrates Black artists in our community through our annual Heritage Fest and Juneteenth Juke Joint festivities; [AileyCamp Miami](#), a full-scholarship, six-week summer camp which uses dance as a vehicle for the personal development of young people; [CommuniTea Dance](#), an annual celebration honoring Miami's LGBTQ+ community; [Arsht on the Road](#), a series of pop-up performances that bring the arts into Miami-Dade County's diverse neighborhoods; [Broadway on Biscayne](#), interactive pre- and post-show experiences connecting audiences more deeply with each Broadway show; [Knight Masterworks Classical Conversations](#), lectures which give the audience insight into the music presented in our Knight Masterworks Classical Music series; and programs that marry arts and wellness, such as [Accessing the Arts Residencies](#), performance workshops for children and adults with disabilities; and [Brushes with Cancer](#), a program that matches artists with patients, survivors and caregivers touched by cancer to create art reflective of their journeys.

*All programs, artists, ticket prices, availability, dates and times are subject to change without notice. Additional fees may apply. Visit arshtcenter.org for up-to-date information.

The Adrienne Arsht Center for the Performing Arts of Miami-Dade County is made possible by the public support of the Miami-Dade County Mayor and the Board of County Commissioners, the Miami-Dade County Department of Cultural Affairs and the Cultural Affairs Council, the Miami-Dade County Tourist Development Council and the City of Miami Omni Community Redevelopment Agency. The Adrienne Arsht Center also receives generous support from individuals, corporations and local, state and national foundations.

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About the Adrienne Arsht Center for the Performing Arts of Miami-Dade County

The Arsht proudly serves as the cultural pulse of Miami – the heart of magical live arts experiences that spark the imagination and connect people to one another. Whether on our stages or in your neighborhood, the Arsht is alive year-round with international artists, innovative programming from [resident companies](#) and local arts partners, free community events that reflect Miami's unique identity and more than 100 culturally diverse and impactful learning experiences for 80,000 children every year.

Since opening in 2006 in the heart of downtown, the Arsht, a 501(c)(3) non-profit organization, has been recognized as a leader in the city's cultural transformation, a catalyst for billions of dollars in new development and a host venue for historic events. The 300+ annual Arsht events include a robust series of touring Broadway musicals direct from New York, star-studded jazz and classical music concerts curated for South Florida, a major annual Flamenco Festival and an award-winning Miami-based theater program. In addition, Family Fest, Gospel Fest Miami, Art + Mind Day, Heritage Fest and our LGBTQ+ Pride celebration are among dozens of free events that bring people from all corners of our community together. For more information, visit arshtcenter.org.