

Adrienne Arsht Center

FOR THE PERFORMING ARTS OF MIAMI-DADE COUNTY

FOR IMMEDIATE RELEASE

MEDIA CONTACTS

Suzette Espinosa Fuentes

786-468-2221

sespinosa@arshtcenter.org

Gino R. Campodónico

786-468-2228

gcampodonico@arshtcenter.org

ART + MIND DAY

Free, all-ages festival filled with music, dance, visual arts and immersive experiences that connect the mind, body and soul

August 17 from 10 a.m. to 3 p.m.

Free with RSVP

Miami – June 27, 2024 – The Adrienne Arsht Center for the Performing Arts of Miami-Dade County ([@arshtcenter](https://www.arshtcenter.org)) presents [ART + MIND DAY](#), a free, indoor, festival-style event focused on the power that the arts have to improve the well-being of individuals and the community. Scheduled for Saturday, August 17 from 10 a.m. to 3 p.m., **ART + MIND DAY** will include free interactive arts workshops, virtual reality sessions and an array of music, theater and dance experiences that nurture the mind, body and soul.

ART + MIND DAY is **FREE**, and all ages are welcome. The event takes place indoors throughout the Arsht Center campus. Guests should RSVP online at [arshtcenter.org](https://www.arshtcenter.org).

Download PHOTOS [here](#) and VIDEO [here](#).

“The arts are therapeutic and a vital tool for community wellness. With Art + Mind Day, the Arsht Center is bringing Miami together to connect, self-express, dance and practice joy together. We hope that every bit of happiness, healing and stress relief experienced on this day trickles out into the community,” said Jairo Ontiveros, vice president and Dorothea Green Chair of Education and Community Engagement at the Arsht Center.

The Arsht Center's **ART + MIND DAY** is presented in partnership with The Moss Center and made possible with presenting sponsor Nicklaus Children's Hospital. Additional support is provided by Miami-Dade County Department of Cultural Affairs and the Cultural Affairs Council, and the state of Florida, Department of State, Division of Arts and Culture and the Florida Council on Arts and Culture.

ART + MIND DAY ACTIVITIES:

OPENING PERFORMANCE: MiamiBloco will open Art + Mind Day with a rousing Brazilian-style drumming performance on the Knight Concert Hall stage.

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INTERACTIVE CLASSES AND WORKSHOPS

- Percussion sessions hosted by South Florida Center for the Percussive Arts
- Song circle hosted by Emilia Garth from Kanikapila Miami
- Creative movement sessions for all abilities and ages with Jenna Balfe
- Generational storytelling with Michelle Moreno

EXPERIENCES

- **3D Mapping Space with Live Music**

Step into a breathtaking, immersive and interactive installation created by MADArts that fuses 3D mapping technology and music.

- **Be You Disco – Wellness Dance**

Step onto the Center's Ziff Ballet Opera House stage to let loose and express yourself while listening to a live DJ playing your favorite tunes directly on your headphones.

- **Virtual Reality**

Immerse yourself in the calm of a guided virtual reality experience created by local visual artist Alissa Christine where water caresses your senses, creating a soothing symphony of tranquility and calm. This experience is commissioned by the Arsht Center.

- **Interactive Art Murals** Express your artistic side. Join Miami artist Leah Guzman, Deanna Barton and fellow guests in creating stunning visuals. Guests can paint, fill in and bring to life the evolving artwork, leaving behind a unique, collective masterpiece.

- **Community Marketplace**

Stroll through the community marketplace where a variety of Miami's cultural and health and wellness organizations and artists will showcase their offerings and services in an indoor street fair. Participants include Integrative Arts, The Underline, and Dreamcatchers for the Soul, plus many more to be announced soon.

FOOD AND DRINKS

- **Fresh and Healthy Food and Beverage Menu**

Foodies can enjoy a selection of healthy small plates and drinks created by Constellation Culinary Group and available for purchase. Menu items will be available throughout the day.

- **Healthy food demonstration** led by holistic health consultant and plant-based chef Nzingah Oniwosan.

In addition to the free, open-to-the-public Art + Mind Day event, the Arsht Center and The Moss Cultural Center will host a symposium on August 24 that will offer artists, arts educators and health professionals an opportunity to further develop skills that drive positive health outcomes through the arts.

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ABOUT THE ARSHT CENTER'S COMMUNITY ENGAGEMENT PROGRAMS

Art + Mind Day is one of the 10 ongoing Arsht Center programs committed to community engagement and deepening the experience of the performing arts for all Miami-Dade County residents. Having served more than 120,000 people throughout its 17-year history, the programs broaden community participation and open the sights, sounds and possibilities of the world through the performing arts. Programs include: **Broadway on Biscayne**, free interactive pre- and post-show experiences connecting audiences more deeply with each show; **Family Fest**, a season of free performances featuring the world's leading family-friendly artists; **Heritage Fest**, an annual all-ages festival celebrating Black heritage; a **Juneteenth Juke Joint** party; **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; **Knight Masterworks Classical Conversations**, a series of free lectures which give the audience insight into the musicians, composers and history of music presented in our Knight Masterworks Classical Music series; **Arsht on the Road**, a series of free pop-up performances that bring the arts into Miami-Dade County's diverse neighborhoods; and programs that marry arts and wellness, such as **Accessing the Arts Residencies**, art workshops for children and adults with disabilities; **Brushes with Cancer**, and various others.



Art + Mind Day 2023 - Photo by Eyeworks Production



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For high-res versions of the images above, click [here](#).

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*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, as well as the State of Florida, Department of State, Division of Arts and Culture and the Florida Council on Arts and Culture. 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

Set in the heart of downtown Miami, the Adrienne Arsht Center for the Performing Arts of Miami-Dade County is committed to welcoming and connecting ALL people to the arts, to the Arsht Center and to each other. Our stages are alive year-round with artists from around the world, innovative programming from our resident companies and local arts partners, free community events that reflect Miami's unique identity and arts education experiences for thousands of Miami children each year.

Since opening in 2006, the Arsht Center, a 501C3 non-profit organization, has been recognized as a catalyst for billions of dollars in new development in the downtown area, a leader in programming that mirrors South Florida's diversity, a host venue for historic events and Miami's hub for arts education.

Each year, we serve more than 80,000 young learners and offer more than 100 culturally diverse and inclusive education programs — many enhanced by the Arsht Center's relationship with Miami-Dade County Public Schools, local teaching artists and Miami-based arts organizations.

The Arsht Center is also a home stage for three resident companies — Florida Grand Opera, Miami City Ballet and New World Symphony — and a launch pad for local artists to make their mark on the international stage. Our 300+ events each year include the Center's Signature Series of classical, jazz, Broadway, local theater and much more. We present a robust series of touring Broadway musicals direct from New York, the largest jazz series in South Florida, a major annual Flamenco Festival and an award-winning Miami-based theater program. In addition, our Family Fest, Free Gospel Sundays, CommuniTEA LGBTQ+ celebration and Heritage Fest are among dozens of free events that bring together people from all corners of our community. For more information, visit arshtcenter.org.