



Philadelphia's **MAGIC GARDENS**

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FOR IMMEDIATE RELEASE:

MINDFULNESS & MOSAICS AT PHILADELPHIA'S MAGIC GARDENS

Enjoy a relaxing meditation session in PMG's mosaicked space.

SOUTH STREET, PHILADELPHIA: Philadelphia's Magic Gardens will be hosting our first guided meditation session of the year on Wednesday, March 20, 2019 from 6:00 – 7:30 PM.

Guests can enter our mosaicked sculpture labyrinth and galleries for an evening of relaxation and observation. This event is meant to encourage participants to unwind, slow down, and focus on the present moment. First-timers and experienced meditators are all welcome!

This session will be led by Sandi Herman, a Philadelphia-based health educator, who has developed expertise in holistic approaches to stress reduction. For many years she worked as a women's health care advocate and educator, as well as an AIDS activist. Since 2007, she has facilitated workshops on stress reduction, mindfulness, and self-care for University of Pennsylvania students and staff. These workshops encourage participants to experience consciously the present moment with kindness and compassion for themselves and others. Sandi began practicing meditation in 1987. Over the years, she has studied meditation and mindfulness with many wonderful teachers.

This event is rain or shine. In the case of hot or rainy weather the meditation will take place indoors. Two more meditation sessions are scheduled for this year on May 15 and October 16.

"[Mindfulness and Mosaics](#)" takes place at 1020 South Street, Philadelphia PA. The session will run from 6:00 – 7:30 PM, with an hour of guided meditation and a half hour to explore the space afterwards. Tickets are [available now online](#) and are \$10/ Adults, \$8/ Students & Seniors, and FREE for PMG Members. Space is limited and we encourage guests to purchase their tickets ahead of time.

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ABOUT [PHILADELPHIA'S MAGIC GARDENS](#)

Philadelphia's Magic Gardens (PMG) is an immersive mixed media art environment that is completely covered with mosaics. The creator, Isaiah Zagar, used handmade tiles, bottles, bicycle wheels, mirror, and international folk art to chronicle his life and influences. The exploratory space is made up of two indoor galleries and a bi-level outdoor sculpture garden. As a nonprofit museum, PMG celebrates art in its many forms through community outreach, public programs, hands-on activities, exhibitions, and tours. We welcome everyone to explore the space and embrace the possibility of self-expression.

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