

PRESS RELEASE

THE RUBIN MUSEUM ANNOUNCES FREE ADMISSION TO
HEALTHCARE PROVIDERS
AND THE LAUNCH OF
MINDFULNESS MEDITATION ONLINE,
STARTING AUGUST 3



New York, NY, July 30, 2020 — The Rubin Museum of Art is pleased to announce two Museum initiatives in response to the growing need for ways to navigate stress, loss, and anxiety.

The Rubin will provide **free admission to healthcare providers** through December 31, 2020, upon the reopening of the Museum. “While we can’t confirm the exact date quite yet, when we reopen we want to express our immense gratitude towards those who have put their lives at risk to provide care for our communities during this pandemic, while coping with the emotional and physical impact of their work,” says **Executive Director Jorrit Britschgi**. “We understand the benefits of Himalayan art on the hearts and minds of our visitors, and therefore we want to offer those who have been working hard in hospitals, nursing homes, or emergency rooms a space to find stillness, inspiration, and connection.”

Healthcare providers will need to provide proof of occupation to redeem free admission, and tickets will be available at the door. More admission details will be available at [RubinMuseum.org/visit/plan](https://www.rubinmuseum.org/visit/plan).

Starting August 3 the Rubin’s weekly **Mindfulness Meditation** program will return in a new virtual capacity. Hosted in the Rubin Museum’s theater with 150 weekly attendees since 2015, Mindfulness Meditation has been on pause since March 13

when the Museum temporarily closed its doors. During this time the Rubin has featured short meditation practices as part of The Daily Offering series on its Instagram [IGTV channel](#) and reposted past Mindfulness Meditation recordings on its companion [podcast](#).

The program will now be hosted live over Zoom on Mondays at 1:00 PM. Like the in-person Mindfulness Meditation, the online version will feature expert teachers who guide the forty-five-minute session, which includes a talk, meditation, and closing discussion. Each session is inspired by a different work of art from the Rubin Museum's collection. **In August the five pilot programs will be free for all.**

Starting in September, tickets will be \$10 and are always free for members.

Upcoming meditation teachers include Lama Aria Drolma, Tracy Cochran, Rebecca Li, and Sharon Salzberg. For more information and to reserve tickets go to RubinMuseum.org/Meditation.

SUPPORT

Mindfulness Meditation is presented in partnership with Sharon Salzberg, the New York Insight Meditation Center, and the Interdependence Project. Additional support is provided by the Frederick P. Lenz Foundation for American Buddhism.



The Year of Impermanence at the Rubin Museum is made possible by Bob and Lois Baylis, Fred Eychaner, Christopher J. Fussner, Agnes Gund, Matt and Ann Nimetz, Rasika and Girish Reddy, and Shelley and Donald Rubin.

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ABOUT THE RUBIN MUSEUM OF ART

The Rubin Museum explores and celebrates the diversity of Himalayan art, ideas, and culture across history and into the present. With its globally renowned collection, the Rubin fosters understanding and appreciation of this extraordinary region by connecting its art and ideas to contemporary issues that are relevant in our visitors' lives today. Largely inspired by the philosophical traditions of Buddhism and Hinduism, the Rubin offers innovative exhibitions and programs that examine provocative ideas across the arts and sciences. In doing so, the Museum serves as a space for reflection and personal transformation, opening windows to inner worlds so visitors can better navigate outer ones.

www.RubinMuseum.org

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