

FOR IMMEDIATE RELEASE

artSpa storefront

Sunday, November 4 – Sunday, December 2, 2007

*artSpa currently exists as a shifting public & private forum,
subtly amplifying the connective tissue(s) of Los Angeles,
the art-and-then-somes -*

artistswritersdancersmusicians[...] + practitioners of massage yoga mindfulness wellness [...]

*- weaving energetically among bodies and spirits and minds,
as they co-habit the contexts of the aesthetic, the individual, and the relational . . .*

Sea and Space Explorations is pleased to host *artSpa storefront*, a month-long residency organized by Adam Overton that will feature a number of Los Angeles artists who also live, work, and/or dabble as healers, therapists, energeticists, and facilitators of all varieties.

artSpa plans to provide a full calendar of weekly events, including an artist-run walk-in clinic, experimental meditation groups, workshops and classes, panels, performance events, and private bodywork sessions, all of which will be facilitated by artists, dancers, writers, performers, gallerists, et al, who currently work as bodyworkers, yoga teachers, psychics, psychologists, energy therapists, and so on.

artSpa Sundays and *most* events are **free** to attend, though the cost of services and workshops may **range from free, to donation, to \$\$**, as determined by the artists involved.

The *artSpa storefront* schedule will be broken down into the following components:

- ***artSpa Sundays*** – (11/4 to 12/2)
every Sunday 1-6pm
featuring 2 to 4 artist-practitioners per week in the *artSpa* walk-in clinic, including services such as Tarot, Reiki, chair massage, therapeutic experimental music, and more...
- ***Experimental Meditation Groups*** – (11/4 to 12/2)
every Sunday morning, 11am-Noon
& every Tuesday evening, 7- 8pm
featuring an “open-mic” format for attendees to experiment with traditional and experimental forms of meditation, as well as a handful of groups led by special guest artists...
- ***Workshops & Classes*** sprinkled throughout the month - DIY massage and more...
- ***Private one-on-one bodywork sessions*** during the week, provided by local artist/practitioners...
- ***Touchy-Feely Music/Performance Events*** - occasional weekend events focusing on experiments in touch and [extra-]sensory experience...
- ***Pajama Party Events*** - cozy, soft, pajama-optional events, ranging from panels on new age aesthetics and discussions of the possibilities of exchange, to video screenings, and more...
- ***Artists-In-Exile Thanksgiving Potluck*** – (11/22)
an afternoon & evening of eating, napping, performance, and more, for those souls stuck here in Los Angeles without a warm place to go this holiday...

more on next page...

artSpa Storefront continued...

Please check the online calendar at <http://www.seaandspace.org> regularly for up-to-date additions and schedule changes, as new events will be added throughout the month.

Sea and Space Explorations

4755 York Blvd, LA, CA 90042

<http://www.seaandspace.org>

Gallery is open for artSpa Storefront events

Director: Lara Bank

Tel.: 323-445-4015. email: info@seaandspace.org

Or contact: Adam Overton at a@plus1plus1plus.org

Calendar updates & more: <http://plus1plus1plus.org/artSpa/artSpaS&S.php>

DIRECTIONS from Los Angeles: From the 5, take the 2 north. Take the Verdugo Road exit. Left onto Eagle Rock Boulevard. Right onto York Boulevard (major cross street is Armadale Boulevard).

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