



**Tai Sophia
Institute**

For Immediate Release

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**“Ascending Through the Darkness”
Opens December 2 at Tai Sophia Institute’s Himmelfarb Gallery**

Features Abstract Drawings and Paintings by Ania M. Milo

November 18, 2010 (Laurel, MD) – “**Ascending Through the Darkness**,” abstract drawings and paintings by Baltimore, Maryland, artist Ania M. Milo, opens Thursday, December 2, in the Himmelfarb Gallery at Tai Sophia Institute. An **Artist Reception** will be held on **Thursday, December 9 from 5:00-8:00 p.m.**

In her debut exhibition, Ania M. Milo depicts her personal journey to wellness, self-discovery, and spiritual fulfillment. In her oil pastel drawings and acrylic paintings, Milo conveys how she discovered her authentic self through art. “When I begin painting or drawing,” said Milo, “I experience an urgent need to bring to life what is hidden inside me. Fueled by this passion, color explodes onto the page, and in that moment I experience a deep spiritual awakening... and my soul is set free into a world where anything is possible and no boundaries exist. Creating art is a way of discovering who I am.”

Milo’s abstract artworks flow with raw energy, and she uses her intuition and emotions to guide her hand in creating her images. Her use of color and movement invite the viewer to journey with her. “I create not only for myself,” said Milo, “but for others who struggle with difficult experiences. I envision my artwork as a portal inviting viewers to step into each piece...into a safe place where they are comforted with the knowledge that they are not alone.”

Artworks from the show will be on sale through the Meeting Point bookstore, which is adjacent to the gallery. Visit the Himmelfarb Gallery online at www.tai.edu/Himmelfarb.aspx.

What: “Ascending Through the Darkness”
Abstract Oil Pastel Drawings and Acrylic Paintings by Ania M. Milo
When: December 2, 2010 – February 26, 2011
Where: Himmelfarb Gallery, Tai Sophia Institute
7750 Montpelier Road, Laurel, MD 20723
Artist Reception: **Thursday, December 9, 5:00-8:00 p.m.**

Regular gallery hours:

Monday–Thursday: 8:00 a.m. – 7:00 p.m.

Friday: 8:00 a.m. – 5:00 p.m.

Saturday: 8:00 a.m. – 4:00 p.m.

Please note: Tai Sophia will be closed December 24-January 2.

(more)

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About the Artist

Ania M. Milo, born and raised in Krakow, Poland until the age of 13, now lives in Baltimore, Maryland and works for the Federal Government. Milo has been drawing and painting for three years, and this is the first exhibition for this emerging artist. However, already two of her original paintings were included in the Living Classroom Foundation’s fundraising auction this fall. Milo, a self-taught artist, holds postgraduate degrees in leadership and psychology.

About Tai Sophia Institute

Tai Sophia Institute, a private, nonprofit organization based in Laurel, Maryland, is a leading center for wellness-based education, client care, and public policy discourse. Founded in 1974, the Institute has evolved into a diverse resource providing accredited graduate academic programs, continuing professional education, community wellness programs, and clinical services. The Institute’s 12-acre main campus also houses a bookstore, a library, and herb and meditation gardens, all of which are open to the public.

About the Himmelfarb Gallery

The lobby of Tai Sophia’s main campus building serves as the gallery space, which features four art exhibitions each year. Each exhibition focuses on some aspect of healing, wellness, or nature. Launched in April 2003, the Himmelfarb Gallery has been home to paintings, drawings, prints, photography, fabric, and artist-made paper. It is a place where art and healing intersect.

The Himmelfarb Gallery honors the Helen M. and Annetta E. Himmelfarb Foundation for its gift of \$1 million to the Institute, the largest donation in Tai Sophia’s history. The dedication and naming of the space took place on November 17, 2006.

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(Note to Journalists: Digital images are available by request.)