

FOR IMMEDIATE RELEASE

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MEDIA CONTACT:

John C. Wilson
410-888-9048 ext. 6619
jwilson@muih.edu

Cycles of Change: The Seasons at Great Pond **Artworks by Christy Bergland**

Opens September 13 at Himmelfarb Gallery, Maryland University of Integrative Health

LAUREL, Md. – “**Cycles of Change: The Seasons at Great Pond**,” an exhibit by Maryland and Maine artist Christy Bergland, opens Friday, September 13 in the Himmelfarb Gallery at Maryland University of Integrative Health. An artist reception, which is free and open to the public, is scheduled for Tuesday, October 15 from 5:00 p.m. – 7:30 p.m.

The exhibit will showcase 21 of Bergland’s artwork in a variety of media. The media include chalk pastel on paper, watercolor/ gouache and brown ink on paper, oil paint on wood panel, as well as oil pastel and graphite. Christy Bergland’s art studio sits at the edge of Great Pond in Maine. Great Pond, a geological marvel, is a fresh water pond that overlooks the ocean. Through many seasons over many years, the view from her studio has served as a muse for her visual artwork. A profound experience with acupuncture a few years ago helped Bergland more clearly feel the seasons and their variants within her. The Great Pond series emerged out of that awareness.

Bergland is deeply moved by the repetition in nature that is so beautifully stated by this Rachel Carson quote from *Silent Spring*; "There's something infinitely healing in the repeated reframes of nature- the assurance that dawn comes after night, and spring after winter."

Artwork from the exhibit will be on sale through the Meeting Point bookstore, which is adjacent to the gallery. [Visit the Himmelfarb Gallery online.](#)

What: “Cycles of Change: The Seasons at Great Pond” Artworks by Christy Bergland

When: September 13 – December 14, 2013

Where: Himmelfarb Gallery, Maryland University of Integrative Health
7750 Montpelier Rd., Laurel, Md 20723

Artist Reception: Tuesday, October 15, 5:00 p.m – 7:30 p.m.

Gallery Hours: Monday – Thursday: 8 a.m. – 7 p.m.; Friday: 8 a.m. – 5 p.m.; Saturday: 8 a.m. – 4 p.m.

About Christy Bergland

Born in Maryland and raised in both Maryland and Maine, Bergland still maintains residences and studios in each state. She holds a BFA from the Maryland Institute College of Art, and an MFA from the University of Pennsylvania. She has also studied at the Skowhegan School of Painting and Sculpture in

Maine, and graduated from the Creative Arts in Therapy program at Hahnemann Medical College (now Drexel University) in Philadelphia. In addition to working as an artist, she is also a professional art therapist and has been affiliated with Sheppard Pratt Hospital in Baltimore, Md for nearly 40 years. Bergland regularly shows her work and her pieces are included in public and private collections domestically and abroad. She also serves as a past president and current board member of The Creative Alliance at The Patterson. Learn more at christybergland.com.

About Maryland University of Integrative Health (formerly Tai Sophia Institute)

Maryland University of Integrative Health (MUIH) educates and trains practitioners and leaders in health and wellness through transformative and relationship-centered programs that integrate ancient wisdom and contemporary science. MUIH offers graduate degrees and certificates in a wide range of wellness fields, as well as programs for professional and personal development. The on-campus Natural Care Center offers compassionate and affordable healthcare from student interns and professional practitioners, delivering more than 35,000 clinical treatments a year.

About the Himmelfarb Gallery

The lobby of MUIH's main campus building serves as the gallery space and features four exhibits each year that focus on some aspect of healing, wellness or nature. Since opening in April 2003, the gallery has displayed paintings, drawings, prints, photographs, fabrics and artist-made paper.

For more information, please visit www.muih.edu.

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