

FOR IMMEDIATE RELEASE
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“Trataka” Paintings by Elisabeth Gambino

Opens March 31 at Himmelfarb Gallery, Maryland University of Integrative Health

LAUREL, MD – “Trataka” features paintings by Baltimore artist Elisabeth Gambino and opens Tuesday, March 31, 2017 in the Himmelfarb Gallery at Maryland University of Integrative Health (MUIH). A reception for the artist will be held on Tuesday, April 18 from 5:00 – 7:30 pm.

Trataka is a Sanskrit word that means “to look,” or “to gaze,” and is a method of meditation that involves staring at a single point such as a small object, black dot, or candle flame.

In this series of paintings Gambino employs gazing at the natural and cultivated landscape in order to focus, relax, and calm the mind. “It is all too easy for Americans to pack our days with activities, projects, and appointments, with frequent digital intrusions making it increasingly difficult to remain in the present moment,” Gambino says. “People need to carve out space in their lives for un-doing, stillness, and cultivation of peace. For me, and many others, time in nature enhances this experience. Our inborn attraction to the natural world makes an afternoon in the

sunlight, a day by the water, an evening in the garden or a stroll in the woods an accessible way to reduce stress and improve health.”

These watercolor and acrylic paintings are a manifestation of mindful looking at nature. The landscapes have been completed in the open air, often after a walking meditation on site. Her intention is that flowers replace the candle flame as the object of your fixed gaze, and that by reflecting on our connection with the natural world we are reminded of possibilities that open to us as we calm and focus the mind.

Artwork from the exhibit will be on sale through the Meeting Point bookstore, which is adjacent to the gallery. Visit the Himmelfarb Gallery online at <http://www.muuh.edu/campus-community/about-campus/himmelfarb-gallery>.

What: “Trataka” Paintings by Elisabeth Gambino

When: March 31 – June 17, 2017

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

Gallery Hours: Monday – Friday: 8 a.m. – 7 p.m.; Saturday and Sunday: 8 a.m. – 4 p.m.

About Elisabeth Gambino

Ms. Gambino is a visual artist, educator, and yoga instructor living in Maryland. She holds a B.A. in Studio Art, Writing, and International Studies from Hampshire College, an M.F.A. in Illustration from Savannah College of Art and Design, and an advanced professional certificate in art education from Johns Hopkins University. She has exhibited extensively in Baltimore, as well as U.S. exhibitions in Amhurst, Atlanta, Nashville, and Savannah, and international shows in France and Malaysia. You can also see Gambino’s work at <http://elisabethgambino.com/home.html>

About Maryland University of Integrative Health

Maryland University of Integrative Health (MUIH) educates 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.muuh.edu.

High-resolution images are available upon request.

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