

Arts Breakfast Announcements

May 2019 Restorative Yoga

with

Sound Healing

Restorative Yoga (Suzanne Tindol)

The centering of your breath and body,
while contrasting stillness with gentle movement.

Sound Healing (Aoife Clancy)

Experience

About your hosts-

Suzanne Tindol - has been a
yoga practitioner for over 20
years with certification in "Yoga
in Advanced Studies with Therapeutic
Essentials".

Aoife Clancy - is originally from
Ireland but now lives in Etowah,
NC. She is a professional
Celtic musician as well as a
certified yoga instructor who
specilizes in combining sound
with yoga.

May 12, 6:00pm - 7:30pm

Venue-

The Shift Yoga Studio

708 Fleming St.

Hendersonville, NC

Reservations-

Gaelic melodies and rhythms will complement
your poses, and resonate with
your spirit.

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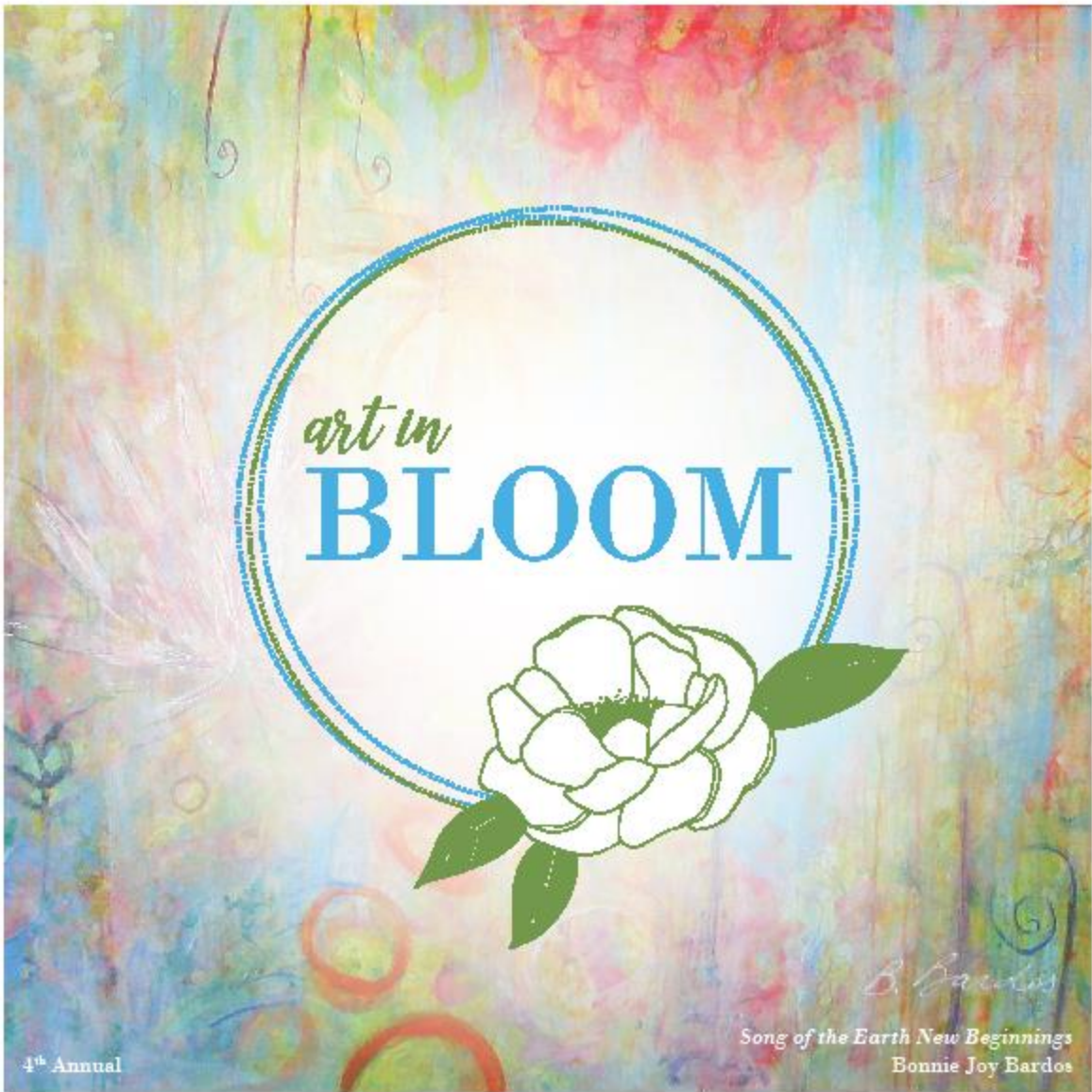
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The Shift Yoga Studio
708 Fleming St.
Hendersonville, NC

Reservations-

\$25.00 - Suzanne: 910.308.8982 or contact "The Shift" at: 828.450.1166





May 24 *Preview Party*

5pm - 8pm \$40 per person, food and drink,
first view of art/floral pairings
Proceeds to benefit the Henderson County
Public School art programs

May 25-27

open to the public, daily 10am - 5pm



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See website for details
www.galleryflatrock.com

Event Name: De la Noche - Tango Music for Dancing & Listening

Date: Sunday, April 28, 2019

Place: THE BLOCK off biltmore, 39 S. Market St, Asheville, NC 28801

Contact: Marilyn Seits. 561 719 4106. tangomusic6@gmail.com

Cost: \$12 per person at the door - includes free tango dance lessons

Description: De la Noche plays traditional and nouveau Argentine tango music. The band members are Lew Gelfond and Paul Stroebel on violins; Patrick Kukucka on bandoneon; **Marilynn Seits on piano** and Jeff Hersk on bass. Tango dance lessons are included in the \$12 admission and start at 7:30 PM. De la Noche starts playing at 8:15. THE BLOCK off Biltmore offers a full bar, soft drinks and snacks.

Face Book Band Page: <https://www.facebook.com/DeLaNocheAsheville/>

Event Name: Seits & Sounds at Lake Pointe Landing - Music for Mother's Day

Date: Friday, May 10 at 3:00 PM.

Place: 333 Thompson St, Hendersonville, NC

Contact: Marilyn Seits 561 719 4106. marilynnseits@gmail.com

Cost: N/C

Description: **Seits & Sounds** with **Marilynn Seits** on piano and **Sean McAusland** on bass will be playing an eclectic mix of jazz, Broadway and standards as well as old favorites from Lennon & McCartney and Billy Joel. Our focus in May will be on Mother's Day songs about women: Nancy with the Laughing Face, Maria, Peggy O'Neil, Laura etc.

Face Book Bank Page: https://www.facebook.com/pg/MSEITSMUSIC/events/?ref=page_internal

Event Name: Sean J McAusland Fine Art at Traskside Studios

Dates: Saturdays May 4, May 11, May 18 & May 25. From 10 AM to 1:00 every Saturday.

Place: Traskside Studios, 375 Depot Street, Asheville, NC 28801

Contact: Sean McAusland. 561 791 7482. smashevillenc@gmail.com

Cost: N/C

Description: Artist Sean J McAusland is currently exhibiting paintings and art works at Traskside Studios in the River Arts District of Asheville. He will be working on paintings with oil and pastels on Saturdays in May from 10:00 AM to 1:00 PM. In addition to large oil paintings, Sean also has a series of Mix and Match "Subway Tiles" which are 4" x 6" oil on canvas tiles that can be customized by choosing your own color palette. "Subway tiles" are \$40 each.

Also available are original art stationery cards with envelopes, postcards and “mini posters” with prices that range from \$6 - \$16. All cards and mini posters can be customized by choosing the size and colors of your choosing.

Face Book Artist

Page: https://www.facebook.com/seanjmcauslandfineart/?modal=admin_todo_tour



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