

# Site:Brooklyn

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**FOR IMMEDIATE RELEASE**

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Press ready photos at <http://www.suransong.com/radicaltenderness>

## **Site:Brooklyn presents Suran Song, *Radical Tenderness***

Opening 6-9pm Wednesday October 21<sup>st</sup> and running through November 21<sup>st</sup>, Site: Brooklyn is pleased to present *Radical Tenderness*; recent work by multi-media artist and yogi, Suran Song. This is the artist's first solo show with Site: Brooklyn. Site: Brooklyn is a contemporary art space dedicated to exhibiting the current practice of contemporary artists. The gallery is located in the heart of the Gowanus arts district at 165 7<sup>th</sup> Street, Gowanus, Brooklyn, NY 11215. Gallery hours are Tuesday - Friday 1-6 and weekends by appointment.

The exhibition includes three large scale mandalic flower photographs depicting a sequence of yogic mudras (yoga for the hands), fifteen photographs of ayurvedic flower stamens in 4-point rotational symmetry, four sequences of medicinal mandalic prints on vertical floor to ceiling silk banners, immersive mandala light projections, and the following series of public, interactive art and yogic events lead by the artist:

### ***Mobile Meditation Unit & Free Vegan Supper***

**Wednesday, 21 October from 6-9pm. RSVP with [suran@suransong.com](mailto:suran@suransong.com)**

Within a 17-foot Uhaul truck at the gallery Site:Brooklyn, the artist Suran Song offers an immersive mandalic installation where gallery guests and the public at large can practice supine repose and mandalic gazing.

The artist will prepare free vegan suppers for the public, and the gallery will provide free wine, beer, and seltzer water for all who RSVP.

### ***Radical Tenderness Yogic Workshop Series: Breath, Hands, & Rest***

*This three session series of workshops brings the metaphysical practice of mandalic gazing into Suran Song's visual artworks.*

#### ***Breath: Sunday 10/25 from 2:30-4:30pm***

*Learn to let go of the five main factors of negativity through the five yogic breath & tongue positions. Give your lungs full permission to generate joy from their innate function of*

(PRESS RELEASE CONTINUED ON OTHER SIDE. TURN OVER, PLEASE!)

*oxygenating the muscles to redress selfishness, anger, depression, fear, and self-doubt.*

**Hands: Sunday 11/8 from 2:30-4:30pm**

*Use mudras (yoga for the hands) to make a beautiful feedback loop of alpha brainwaves.*

**Rest: Sunday 11/15 from 2:30-4:30pm**

*Experience the grace of the involuntary heartbeat in the precise supine position called corpse pose in yoga. Workshop uses the guided meditation text prescribed by Nobel Peace Prize Nominee Thich Nhat Hanh (nominated by Dr. Martin Luther King, 1967).*

Register for the workshops at <http://www.sitebrooklyn.com/store/>

Suran Song is a New York City based artist whose work encompasses printmaking, painting, installation, sculpture, photography, video, and performance art. She earned a BFA from University of The Arts, International Teacher's Certification in Himalayan Yoga, and an MFA from Parsons School of Design. She is a student of Sanskrit, and a yoga instructor. Sanskrit and the civics of politics are both strong influences on Suran Song's work. Yoga serves as a primary medium in her creative process, as another artist may use paint or the brush.

Suran Song's *Sidewalk Video Mandala* transmit was featured this summer at Shirin Gallery in Chelsea for the groups show *Ornate Activate* curated by Alex Campos. Her *Radical Tenderness* exhibit coincides with *Yoga Body Prints & Principles* an ongoing banner installation from her Laundromat Project Artist Residency, and *Yoga (Republic): Yoga As The Medium For Public Space* where the artist emptied her home of all furniture, transforming her home into an ongoing public performance installation of neighbors practicing yoga together. This fall, she also received the prestigious invitational commission from Rego Park Green Alliance to produce *Mobile Meditation On The Queens Jazz Trail*.

This project was co-curated by Gallery Director, Denise Amses, and Guest Curator, Kimberly Marrero.

**For more information, visit Suran Song's website at  
<http://www.suransong.com>  
[suran@suransong.com](mailto:suran@suransong.com)**

**Or contact Denise Amses at (718) 625-3646 [sitebrooklyn@gmail.com](mailto:sitebrooklyn@gmail.com)**

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