



## A Special Gift for Open Center Members...

### THE RUBIN MUSEUM OF ART

in association with the **New York Open Center**  
presents an on-going series at the Rubin Museum...

## Artful Living in the present with Samuel Kirschner

A 10-week program June 28 through September 13.  
Wednesdays at 1 p.m.

Art is a doorway. The paintings in the collection of the Rubin Museum of Art draw from the wisdom of Himalayan traditions, which, for centuries, have expressed some of humankind's deepest spiritual insights. These archetypal expressions of liberated vision mirror our innermost potential.

In each of these lunchtime sessions participants will:

- Learn the tools and techniques of dynamic mindfulness.

- Practice in front of a different work of art in each session.

- Learn how to apply mindfulness to daily life.

### Wednesdays at 1 p.m.

**June 28:** Physical, mental, emotional health (Dealing with stress, fear, loss, and pain)

**July 5:** Relationships and communication

**July 12:** Material possessions, self-image, power, and money

**July 19:** Finding your career and your life's work - improving the job you have

**July 26:** Loving yourself and meeting your soul mate

**August 2:** Fun, play, laughter, and humor

**August 9:** Aging mindfully and feeling REAL (Respect, endurance, acceptance, and love)

**August 16:** Healing old wounds and improving family ties

**September 6:** Cultivating wisdom and spirituality

**September 13:** Creating your legacy and authentic meaning

Register through the Rubin Museum of Art: 212-620-5000, ext. 344

\$25 per session

\$202.50 for the series

Open Center Members pay \$168.75 for the series

**Samuel Kirschner** is a cosmopolitan *bon vivant* and a living example of Artful Living. Practitioner, speaker & teacher of meditation for over 20 years he in private practice of Dynamic Mindfulness Coaching in Manhattan, a faculty member of the NY Open Center and InReach, a self-care and wellness instructor at a major bank in NYC, and author of the book and CD *The Daily Present*. His website is [www.livinginthepresent.com](http://www.livinginthepresent.com)



### **RUBIN MUSEUM OF ART**

150 WEST 17 STREET, NEW YORK CITY • [www.rmanyc.org](http://www.rmanyc.org) • 212.620.5000 ext. 344



### **NEW YORK OPEN CENTER**

83 Spring Street, New York, NY  
[www.opencenter.org](http://www.opencenter.org)  
212-219-2527 x2