

FOR IMMEDIATE RELEASE

June 19, 2018

BISHOP ARTS THEATRE PRESENTS
“MINDFULNESS & MEDITATION”

FEATURING
FARAHANA SURYA NAMASKAR

-PART OF THE 2018 SPEAKER SERIES-



Dallas, Texas – Bishop Arts Theatre Center is excited to announce the next Speaker Series event of the year “**MINDFULNESS & MEDITATION**” with author Farahana Surya Namaskar, Saturday June 30th at 3:00 pm.

Farahana Surya Namaskar is a published children's book author located in Dallas who is passionate about bringing the practice of mindfulness into the lives of children and their families. Born in Vancouver, Canada, raised in Nairobi, Kenya and of Indian, Asian roots, Namaskar uniquely blends her cultural diversity and real-life experiences into her written and spoken work.

Join us on Saturday June, 30th when Namaskar brings to the Bishop Arts Theatre Center Speaker Series her journey with mindfulness, sharing stories that will get tickle, excite, and inspire the audience to start their own daily practices to stay present in our everyday lives. Following the presentation, there will be a book

signing where families can purchase a personalized signed book and also get a picture with the author.

ABOUT FARAHANA SURYA NAMASKAR

Namaskar's personal journey with mindfulness and the impact it has had on her and her 6-year-old son's life opened doors to discovering her passion and purpose to become a writer, speaker, and mindfulness coach.

"Mindfulness is the practice of intentionally and purposefully living in the present moment". Mindfulness impacts the social and emotional development of children. The practice is particularly useful as it encourages healthy coping strategies when dealing with difficult and challenging emotions that lead to stress, anxiety and depression. Namaskar believes that our society is caught up in "doing mode" but the ability to become mindful allows us to also balance and connect with "being". Namaskar's picture book on mindfulness, "Doing and Being" shows how using our 5 senses and breath helps us focus on the present moment.

TICKETING INFORMATION

MINDFULNESS & MEDITATION IS SUITABLE FOR AUDIENCES AGES 13 AND ABOVE. The Speaker Series Event happens Saturday June 30th at 3:00 PM and tickets can be purchased at www.bishopartstheatre.org. General Admission tickets are \$18 to \$22. Discount tickets are available for groups of 15 or more and may be purchased by calling (214) 948-0716. All performances are presented at the Bishop Arts Theatre Center located at 215 South Tyler, TX 75208.

ABOUT BISHOP ARTS THEATRE CENTER (BATC)

Nestled in the heart of Dallas' Oak Cliff community, the Bishop Arts Theatre Center is an award winning, multicultural, multi-discipline theatre company owned and operated by TeCo Theatrical Productions, Inc. Founded in 1993, the mission of the organization is to cultivate a diverse and vibrant arts community while creating opportunities for local and emerging

artists through performances and education. The BATC offers a full season of theatre performances, jazz concerts, a speaker series and year-round arts education programs. Each year, the theatre impacts nearly 30,000 people nationwide.

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