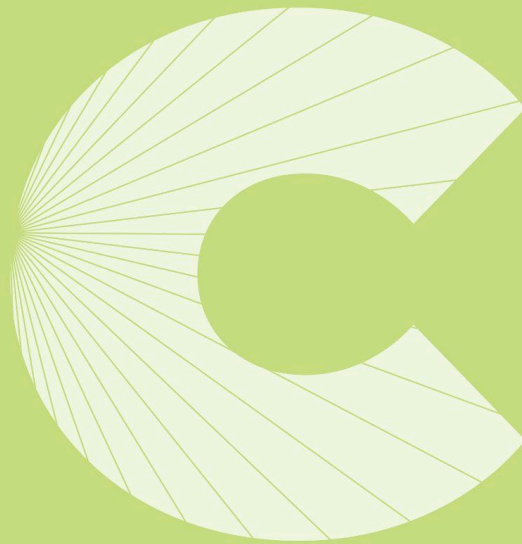


FOR IMMEDIATE RELEASE

January 31, 2025

# **ICA San Diego Launches Weekly Wellness Saturdays in Encinitas**

*Community event series invites guests and members to explore beyond its contemporary art exhibitions related to its 2025 exhibition theme, On Healing*



ENCINITAS, Calif. (January 31, 2025) — Beginning Saturday, March 1, visitors to ICA San Diego's North County location will have even more ways to interact with contemporary art. ICA

San Diego, a non-profit contemporary art museum, will launch a weekend wellness series at ICA North in Encinitas that expands on its 2025-2026 exhibition season theme, *On Healing*. The exhibitions are part of a year-long exploration of the ways artists address the various socio-cultural wounds revealed by the COVID-19 pandemic. Similarly, the associated programs and events seek to explore how art can serve as a vital tool for mental, physical, emotional, and community wellbeing.

These new wellness events will take place most Saturdays throughout the year during ICA San Diego's open hours (Noon - 5pm), and includes:

- A rotating healing activity hosted by a local facilitator, including breathwork, yoga, and meditation
- An all ages art-making activity related to this year's *On Healing* season
- A complimentary tour of the current exhibition in its Lower and Upper Pavilions, the outdoor garden, and sculpture trail
- Coffee and snacks for purchase

Admission to Weekly Wellness Saturdays at ICA North is free, and a donation will be suggested for healing activities, and made directly to the facilitator.

The current healing activity schedule is as follows:

- 1st Saturdays (March 1, April 5, May 3): **Embodied Dance** with [Claire Halter](#)
  - About Embodied Dance: Get out of your head and into your body! This experience includes guided facilitation alongside free and intuitive movement and dance. Participants do not need any experience and are encouraged to move in their own authentic way in a safe, supported space.
  - About Claire: Claire is a certified ecstatic dance facilitator and DJ, and she is also a certified Fluentbody (somatic-based movement practice) instructor. She has organized and facilitated gatherings for women and loves creating spaces for women to connect on a deeper level with themselves and others. In the spaces she holds, she hopes that women feel they can be their most authentic selves, as she has found, on her own journey, that her authenticity and vulnerability are her greatest gifts.
- 2nd Saturdays (March 8, April 12, May 3): **Breathwork** with [Shawna Rogers](#)
  - About Breathwork: Experience the transformative power of transcendent breathwork, a modern, three-part breathing practice paired with evocative music to guide you into a state of deep healing and bliss. This gentle yet powerful technique helps release trapped emotions, harmonize your nervous system, and naturally boost your "happy

hormones". Through proper breathing, you can detoxify your body, reduce stress, improve sleep, and enhance your overall well-being. Your session concludes with healing reiki, leaving you lighter, clearer, and more energized. Embrace the opportunity to heal in community and unlock your full potential.

- About Shawna: Shawna is a breathwork facilitator, reiki master-teacher and yoga instructor, teaching empowerment through embodiment practices. She is known for creating a safe space for others to journey deep beneath their layers. As a transformation guide to individuals ready for change, Shawna uses her innovative healing methods to help people get out of their head and into their body — so they can tap into their deepest desires, find clarity, and start living the life they truly want.
- 3rd Saturdays (March 15, April 19): **Sound Healing and Art Making:** Sound healing and meditation, followed by creating with paints, collage, clay or mixed media, with [Karen Cadiero-Kaplan](#)
  - About Sound Healing: Sound healing and art in the garden: Enter a sound healing among plants and the sounds of crystal singing bowls and harp, then move into intuitive painting expressing your inner wisdom. Please bring a yoga mat or seat cushion and eye covering. All art materials will be supplied.
  - Dr. Karen Cadiero-Kaplan brings her 30 years of expertise as a teacher and artist to her sound healing practice. She creates a safe and sacred space that brings all who enter greater peace that opens participants to their inner wisdom and creative voice.
- 4th Saturdays (March 22, April 26, May 24): **Yoga and Meditation** with [Diana Bamford](#)
  - About Yoga and Meditation: Experience an hour of gentle, mindful yoga and deep meditation, designed to nourish your body, calm your mind, and restore your spirit. This soothing practice for all levels invites you to move with ease, breathe deeply, and embrace stillness in a warm and supportive space.
  - About Diana: Di is a certified yoga instructor specializing in Prenatal, Postnatal, and Trauma Informed Yoga, who brings her personal journey as a mother of three and PMADs survivor to create transformative experiences for her students. Since beginning her teaching journey in 2017, she has dedicated herself to providing a safe, inclusive space where practitioners of all levels can explore the mind-body-spirit connection.

As a Reiki Master, Intuitive Energy Mentor, and certified Peer Support Specialist, Di combines her expertise in yoga with energy work to help high achievers break through barriers and find balance. Her commitment to Maternal Mental Health is reflected in her active involvement with Thrive Wellness Collective and the Postpartum Health Alliance in San Diego, where she volunteers to support other mothers. Whether leading a yoga

class or providing energy mentoring, ICA honors each individual's unique journey while fostering an environment of growth, healing, and empowerment.

- 5th Saturdays (March 29, May 31): **Breathwork** with [Shawna Rogers](#)

These Saturday offerings at ICA North are an evolution of ICA San Diego's popular C You Saturday! series, a monthly community event where guests enjoy the galleries, participate in art-making, listen in on an artist talk, and more. This year, C You Saturdays! will take place on exhibition opening dates only, including:

- February 15, *afra eisma: hush* at ICA Central (Balboa Park)
- August 16, *Las Hermanas Iglesias* at ICA North (Encinitas)
- September 20, *Ruben Ulisses Rodriguez Montoya* at ICA Central (Balboa Park)

ICA San Diego's locations in Encinitas and Balboa Park are open Thursday - Sunday, Noon - 5pm.

- Wellness Saturdays at ICA North run from Noon - 5pm (last entry into the galleries is 4:30pm).
- C You Saturdays! at ICA Central and North run from 4-7pm.

For more information, please visit [icasandiego.org](https://icasandiego.org).

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## About the Institute of Contemporary Art San Diego

ICA San Diego is a living laboratory for expanding the transformational power of art to build vibrant communities. Founded in 2021, yet built on over 100 years of combined experience, our programming is cutting edge yet accessible; daring and thoughtful; challenging and inviting. Our exhibitions, installations, commissions, classes, and workshops reflect ICA San Diego's commitment to engage the issues of the moment and provide a space for the community to come together and consider the world in which we live. There is no admission fee to visit our exhibitions, and donations are welcome. To help ICA San Diego reduce barriers to contemporary art, visit <https://icasandiego.org/donate/>.

**ICA San Diego / Central** is located at 1439 El Prado in Balboa Park.

**ICA San Diego / North** is located at 1550 S. El Camino Real in Encinitas.

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