

FOR IMMEDIATE RELEASE

## Immersive Installation *Music for Healing* Brings Science-Backed Healing Modalities to Culture Lab LIC

*Music For Healing* was created by artist, Angelica Olstad with support from a \$10,000 NYSCA grant to create a healing arts experience that is free and open to the public.



Left: Culture Lab LIC outdoor signage; Right: Angelica Olstad. Photo courtesy of the artist.

Queens, New York - April 16, 2024 - Culture Lab LIC is proud to announce the debut of *Music for Healing*, by multidisciplinary artist, Angelica Olstad. *Music for Healing* is an immersive installation that combines the power of music with science-backed healing modalities. The project - backed by a \$10,000 NYSCA grant - explores new ways to connect through a set of different modalities and practices that explores the installation space as an opportunity to connect through a shared experience.

"At Culture Lab LIC, we believe in the power of art to inspire, heal, and unite communities," said Artistic Director, Tess Howsam. "With *Music for Healing* we are thrilled to provide a platform for exploring innovative approaches to wellness that are grounded in scientific research and accessible to all."

*Music for Healing* will be featured as part of the Culture Lab LIC's forthcoming exhibition, "*Shattered*" which focuses on mental health. "The show aims to not only raise awareness for mental health issues but the importance of art as both a healing tool and outlet," said Dawn DeVito, curator of *Shattered*.

Scheduled to run from May 2nd to June 2, 2024, *Music for Healing* is a unique collaboration between leading scientists, musicians, creative technologists, and artists. Through a blend of soothing audiovisual displays, filmed content showing people from the community meditating and dancing, color therapy, multichannel sound, and guided audio meditations, attendees will delve into the transformative potential of sound and music in promoting physical, mental, and emotional well-being. Also featured as part of the experience, is the use of an EEG – an instrument for measuring brain activity in visitors. Once activated, the EEG will impact the installation environment to create a tailored experience based on each unique visitor’s brain chemistry. This interactivity incentivizes participants to go deeper into the experience.

The immersive soundscape that comprises the exhibition was written by Angelica Olstad with the intention of creating healing experiences for visitors. “I wanted to challenge the idea that music for healing needs to sound like you’re in a spa,” says Olstad. “So I set to work with scientists to figure out the ideal beats per minute (BPM) and other musical characteristics needed to put visitors in a relaxed and healing state.” The resulting fifty-five minute composition is minimalist and introspective, featuring piano and analog synths. The instrumental piece will be released as a companion piece to the installation as its own album titled, “Music for Healing: Introspection” at the exhibition opening on May 2.

“*Music for Healing* addresses increased feelings of isolation and loneliness in a post-Covid world,” said artist Angelica Olstad. “This project is a culmination of my experiences as a community wellness teacher, classically trained pianist, and cultural producer. As a mixed-race artist, I am committed to making wellness and arts experiences more accessible to a wider audience, specifically, BIPOC audiences who might not have access to traditional arts and wellness opportunities. My dream is for people to come to this space, find a comforting place to heal and to want to come back to over and over again..”

In partnership with Culture Lab LIC, *Music for Healing* will also feature community programming through lectures, live outdoor concerts, free meditation and yoga classes accompanied by music and educational talks for schools. Programming will be designed with underserved populations in mind. *Music for Healing* invites visitors of all ages and backgrounds to explore, engage, and experience the transformative power of music in a welcoming and inclusive environment.

*Music for Healing* is made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

For more information on open hours and event information, please visit Culture Lab LIC at <https://www.culturelablic.org>

### ***Music For Healing* Events**

#### ***Music For Healing* Opening Reception**

May 2, 2024 | 6:00 PM -9:00 PM

Culture Lab, LIC | 5-25 46th Ave. Queens, NY 11101

Free + open to all! No registration required.

For accessibility questions, please contact Dawn DeVito at [Dawn@culturelablic.org](mailto:Dawn@culturelablic.org) or (917) 417-9614.

***Music For Healing Mommy and Me Yoga Practice***

May 12, 2024 | 1:00 PM - 1:45 PM

Culture Lab, LIC | 5-25 46th Ave. Queens, NY 11101

Free + open to all! Registration required [HERE](#)

(<https://www.eventbrite.com/e/music-for-healing-mommy-and-me-yoga-practice-tickets-884229774057>)

For accessibility questions, please contact Dawn DeVito at [Dawn@culturelablic.org](mailto:Dawn@culturelablic.org) or (917) 417-9614.

***Music For Healing Live Performance and Artist Lecture by Angelica Olstad***

May 17, 2024 | 8:00 PM - 9:30 PM

Culture Lab, LIC | 5-25 46th Ave. Queens, NY 11101

Free + open to all! Registration required [HERE](#)

(<https://www.eventbrite.com/e/music-for-healing-live-performance-and-artist-lecture-by-angelica-olstad-tickets-884233926477>)

For accessibility questions, please contact Dawn DeVito at [Dawn@culturelablic.org](mailto:Dawn@culturelablic.org) or (917) 417-9614.

***Music For Healing Adult Yoga Practice***

May 30th, 2024 | 7:00 PM - 8:00 PM

Culture Lab, LIC | 5-25 46th Ave. Queens, NY 11101

Free + open to all! Registration required [HERE](#)

(<https://www.eventbrite.com/e/music-for-healing-adult-yoga-practice-tickets-884231439037>)

For accessibility questions, please contact Dawn DeVito at [Dawn@culturelablic.org](mailto:Dawn@culturelablic.org) or (917) 417-9614.

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**Music For Healing** is an immersive and meditative sound experience driven by instrumental music, audio soundscapes, science-backed healing modalities, visuals, and interactive technology. Its primary goal is to foster personal healing that carries on outside the installation space and explore new ways for music and consciousness to interact. Music For Healing is on view at Culture Lab LIC from May 2- June 2, 2024. For more information please visit

<https://www.culturelablic.org/current-exhibitions>. Culture Lab LIC is located at 5-25 46th Avenue, Long Island City, New York, NY 11101 and open Thursday & Friday from 5-9pm and Saturday & Sunday from 2-9pm.

**Angelica Olstad** is a classical pianist by training whose work spans across film, media art, installations, studio recordings, community programming, and multimedia performances. Her work is also informed by past experiences as a founder, yoga and meditation teacher, and community organizer for Pop Up Yoga NYC, a yoga events company that made yoga more accessible for New Yorkers, and as a corporate producer who's worked with companies like Samsung, Meta, Reebok, and Google.

Through different mediums, she invites audiences to reflect on intercultural belonging and the timelessness of the human experience. She is the recipient of a 2024 NYSCA Artist Grant for her project, Music for Healing. She has recently received multiple awards for her short film, An Awakening. Through her collaborations, events, and art projects, her work has been featured in Well + Good, BuzzFeed, Timeout NY, and the Wire.

**Culture Lab LIC** is a 501(c)(3) formed to be the arts and culture umbrella for Western Queens. Culture Lab LIC presents local, national, and international art of all genres, while supporting New York artists and other nonprofits by providing space, resources and a sense of community.

Operating out of a 12,000 square foot converted warehouse, Culture Lab LIC hosts two fine art galleries, an 80 seat theater, classroom space, an 18,000 square foot outdoor venue, and a robust residency program. Culture Lab LIC is dedicated to upholding, equity, diversity and inclusion across all our platforms.

[www.Culturelablic.org](http://www.Culturelablic.org)

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