



FOR IMMEDIATE RELEASE

Museo de las Americas Encourages a “Rest Renaissance” in New Exhibition



DENVER, CO – January 4, 2024 – Opening in the Arts District on Santa Fe at Museo de las Americas (Museo), Colorado’s premier Latin American art museum, a new pop-up exhibition focuses on the sacred, healing space created by intentional periods of rest. Curated by Cristina Aguilar, “Sacred & Soft Landings: Soñar y Descansar” an immersive and interactive experience, will be on view from Thursday, February 15 through Sunday, March 17, 2024, with an opening reception on **February 15 at 6:30 PM.**

This exhibition brings together two Bonfils Stanton Foundation Livingston Fellows*, Cristina Aguilar as the visionary, and Claudia Moran as the institutional anchor bringing community leaders from different fields to collaborate and explore in the world of art. Aguilar’s sabbatical in 2017 inspired the beginnings of this project. “I deepened my own rebirth and reawakening - finding sacred and soft landings that held my burnt-out body, mind and spirit. I knew that I wanted to create an offering for others to experience something similar,” Aguilar states.

“Sacred & Soft Landings: Soñar y Descansar” integrates art, embodiment, neuroscience, mindfulness, indigenous and other sacred cultural knowledge, transforming Museo’s galleries into realms of respite and solace.

Though these spaces typically encourage action, the exhibition’s curator use concepts of rest, love, healing and collective care to resist oppression while rejecting the so-called hustle culture. “The vision for this show kept coming to me in my own sacred rest moment and the feeling grew in my spirit and heart, beckoning to be brought to life in collaboration with the Museo and our dream team of Denver artists,” Aguilar reflects.

The exhibition features local artists Cal Duran, Sam Hutch-Ouranos, David Castillo, Lillian Lara, Cindy Loya, and Ana Marina Sanchez, all working in what Moran describes as “Museo’s first-ever immersive, multisensory exhibit that transcends traditional structural boundaries of a museum setting.”

With installations ranging from sculptural to digital to sound-based works, the artists encourage visitors to leave traditional definitions of productivity at the door and reclaim their right to rest, inspired by the teachings of Tricia Hersey, founder of the Nap Ministry. Artworks have an element of interactivity, activating memory and ensuring that visitor experiences extend beyond the exhibition’s lifespan.

Museo invites you to join us in resting, reflecting, and dreaming alive new, equitable realities in this exceptional exhibition. “Sacred & Soft Landings: Soñar y Descansar” offers a unique opportunity to engage with Museo beyond conventional art museum boundaries and re-envision it as a place for reconnecting the body and mind. This exhibition is sponsored by the Bonfils Stanton Foundation and the Scientific, Cultural, and Facilities District (SCFD)

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* The Livingston Fellowship Program provides advanced learning opportunities to promising nonprofit leaders who hold significant leadership roles in Colorado’s nonprofit sector.

About Museo de las Americas

Museo de las Americas is the premier Latin American Art Museum of the Rocky Mountain region. Located in the heart of the Art District on Santa Fe, Museo is dedicated to educating our community through collecting, preserving, interpreting, and exhibiting the diverse arts and culture of the Americas, from ancient to contemporary, through innovative exhibitions and programming.

Museo’s operating hours are Tuesday-Friday, 12 PM-6 PM, and Saturday-Sunday, 12 PM-5 PM.

Please contact Cristina Del Hoyo, Communications & Media Manager for more information at communications@museo.org or visit <http://museo.org>.

Museo is also now one of the cultural organizations around the world that are part of the [Bloomberg Connects app](#). This platform offers free digital guides to visitors and is part of Bloomberg Philanthropies' longstanding commitment to supporting digital innovation in the arts.