

PRESS RELEASE

**K2 FRIDAY NIGHTS RETURN
AT THE RUBIN STARTING APRIL 29
WITH FREE SOUND BATH PROGRAM**

**Free admission, cocktails, DJ, exhibition tours, and special programs
every Friday, 6:00–10:00 PM**



NEW YORK, NY, April 12, 2022 — The Rubin Museum is pleased to announce the return of its weekly series, [K2 Friday Nights](#), **starting Friday, April 29**, after more than a two-year hiatus. During K2 Friday Nights, the Rubin is open after hours with free admission from 6:00 to 10:00 PM, free exhibition tours at 7:15 PM, and special programs in the theater. Café Serai transforms into the K2 Lounge with a special drinks menu and DJ to accompany the night. Advance online reservations are recommended. Registration opens Friday, April 15, at 11 AM for K2 Friday Night tickets through the end of May.

“While we’ve continued to offer free admission on Friday nights during the pandemic, K2 Friday Nights are a totally different energy at the Rubin. The freedom to roam the museum with art and music as your companions fosters this much-needed feeling of togetherness; it’s both stimulating and comforting, a perfect way to kick-off your weekend,” said Rubin Museum Chief Programmatic Officer Tim McHenry.

To celebrate the return of K2 Friday Nights, during the first five weeks **sponsored by New York Life** through the end of May, there will be a free sound bath experience in the theater at 7:30 PM. The sound baths will be hosted by Brooklyn-based musician and sound healing

practitioner **Samer Ghadry**; sound artist **Mari Tanaka**; and producer, musician, and former artistic director of Brooklyn Raga Massive **David Ellenbogen**. The first night combines a sound bath with a talk by emotion scientist and director of the Emotion Regulation Lab, **Dr. Tracy Dennis-Tiway**. A separate ticket reservation is required for the sound bath experience, which gives visitors access to all the galleries. More information and schedule below.

K2 FRIDAY NIGHTS SOUND BATH PROGRAMS

Future Tense with Dr. Tracy Dennis-Tiway and Samer Ghadry

Talk and sound bath

[Friday, April 29, 7:30–9:00 PM \(with intermission\)](#)

RSVP required to attend

In this two-part session, Dr. Tracy Dennis-Tiway argues for the radical idea that anxiety is not the enemy—it is our ally. This special program celebrates her forthcoming new book, *Future Tense: Why Anxiety Is Good for You*, which draws on her work with the museum over the past ten years. In it she explains that when we tap into our anxiety instead of attacking it, we realize that human anxiety evolved to be not only protective, but to build our creative capacity to be productive. This thirty-minute program is followed by a sixty-minute sound bath led by musician Samer Ghadry.

Sound bath with Samer Ghadry

[Friday, May 6, 7:30–9:00 PM](#)

[Friday, May 13, 7:30–9:00 PM](#)

RSVP required to attend

In this session, inspired by gong sound principles established in the Rubin Museum's Mandala Lab, Samer Ghadry cultivates an environment where he guides the sound bather to listen without judgment, whether it's the sound generated by the instruments or by your neighbor's shifting position. Yoga mats and cushions are provided.

Sound bath with Mari Tanaka and David Ellenbogen

[Friday, May 20, 7:30–9:00 PM](#)

[Friday, May 27, 7:30–9:00 PM](#)

RSVP required to attend

Musicians Mari Tanaka and David Ellenbogen of Unplugged Retreats utilize the power of acoustic instruments like gongs, tanpuras, and Himalayan bowls to create just-intonation soundscapes ideal for meditation and journeying. Yoga mats and cushions are provided.

K2 Friday Nights are sponsored by New York Life*.



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ABOUT THE RUBIN MUSEUM OF ART

The Rubin Museum of Art in Chelsea, New York City, explores and celebrates the diversity and uniqueness of Himalayan art, ideas, and cultures across history and into the present. With its globally renowned collection, largely centered around art from the Tibetan Plateau, the Rubin fosters understanding and appreciation of this region by relating its art and ideas to our shared human experience today. Inspired by the philosophical traditions of Buddhism and Hinduism and aligned with ongoing research into learning, behavior, and the brain, the Rubin offers innovative exhibitions and programs that examine provocative ideas across the arts and explore the mind. Through this work, the Museum serves as a space for reflection and personal transformation, opening windows to inner worlds so visitors can better navigate outer ones. www.RubinMuseum.org

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