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## **Online Kundalini Yoga Session Open to All**



*Courtesy of Lulu Meng*

**Join RU on Friday, November 6 at 1:00 pm for a virtual Kundalini**

**yoga session led by RU's Nathalie Anglès, a certified instructor.**

**This event is free and open to the public. Please register [here](#).** A liability waiver will also be required. A link to the waiver will be provided in the confirmation email of your registration.

This November, Residency Unlimited (RU) will organize a series of programs dedicated to care and repair. As a starter, we invite you to join us on Friday, November 6 at 1:00 pm for a virtual Kundalini yoga session led by RU's Nathalie Anglès, a certified instructor. Through a combination of asana (postures), pranayama (breath), and meditation, we will concentrate on building self-awareness and a neutral mind as well as maintaining one's sense of purpose in these troubled times. RU is an artist-centered platform where meaningful person-to-person relations are paramount. We are currently challenged by the practice of social distancing required to prevent the spread of COVID-19, our intention is to initiate discreet initiatives that can restore our sense of community. We hope you will join us on these occasions.

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## **Meet Over Lunch: ACROSS THE POND (AtP)**



**Join us on Friday, November 13 for a *Meet Over Lunch* with Lizz Brady and Adam Zucker** to find out about their new collective arts initiative Across the Pond (AtP), through which they develop and implement cross-disciplinary art projects that expand the international dialogue around mental health and wellness.

### [Join Zoom Meeting](#)

**Meeting ID: 851 0300 2099**

**Passcode: 694124**

Lizz and Adam will be working with diverse visual artists and mental health communities to curate ambitious exhibitions, facilitate workshops and create opportunities for audiences in the exploration of mental health awareness. During their *Meet Over Lunch* presentation, they will speak about their own personal creative backgrounds, their experiences with mental health, and the aims they have for AtP to function in both the visual arts and mental health communities. Read more [here](#).

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[Donate](#)

[Donate to Residency Unlimited \(RU\)](#) and support the exchange of art and ideas through local, national, and international residencies and year-round public programs. Thank you!

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## **RU Recommends**



*Photo courtesy of Rachel Hacking.*

Support Black Voters Matter Fund, ACLU, and BLM!

Following The Afield's recent performance *X-Agent Destroy Monster Regimes*, which premiered at RU on October 23rd, Anthony Hawley and Rebecca Fischer have released the title track of the show-- a spare, lyrical anthem for these trying times. The closing song from their performance at RU, the track is a call to action, a protest against political monsters. The live single was released November 1 to support Voters' Rights in the 2020 election.

ALL PROCEEDS FROM SALES OF THIS SINGLE GO DIRECTLY TO SUPPORT Black Voters Matter Fund, ACLU, and BLM. To support this initiative, listen and purchase the track for \$2 or more [here](#).

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## Opportunities

Wave Hill and Lehman College Art Gallery are accepting applications for the collaborative exhibition *Eco-Urgency: Artists Make the Case*, planned for July through November 2021. DEADLINE: November 30 by 11:59pm EST. For more information and to apply, click [here](#).

FABnyc is re-issuing an open call for creative, engaging projects that draw attention to African and African-American histories of the Lower East Side. Projects will be produced and presented in Spring 2021. DEADLINE: December 1, 2020. For details, click [here](#).

The Spring 2021 Art & Law Program will primarily examine two concerns: the effects of law on visual art, with a particular emphasis on the previous 20-years, and the artist as a corporation and the corporation as an artist. The colloquium will be led by Sergio Muñoz Sarmiento. DEADLINE: December 21, 2020. View application details [here](#).

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