



BERMUDA NATIONAL GALLERY  
X  
THE ART OF YOU

## International Women's Day

Join us on Sunday 7th March for an exclusive event for The Art of You community at the Bermuda National Gallery in celebration of International Women's Day.

The day will begin with an artist led tour of 'I Am Because You Are' by Gherdai Hassell. The artist will be discussing her first solo exhibition in which she examines the lasting impacts of slavery through a series of striking portraits, text and installation inspired by historic photographs in the Bermuda Archives.

This will be followed by a yoga and meditation session in the elegant surroundings of the gallery with spoken word artist and yoga teacher Tiffany Paynter. Tiffany studied at the International Sivananda School and is a co-founder of 'Peace Within - Prison Yoga Programme' which teaches yoga to incarcerated men and women.

*Free event. Limited spaces. Click to register.*

<https://www.signupgenius.com/go/10C0C49ACA72BAFFC61-iambecause>

Please note Bermuda government guidelines for this event:

All persons attending the event or entering the facility during the event must sign in and provide the following contact information:

- Their full name
- Date and time of visit
- Phone number
- Email address

\*BNG staff member at the front desk will take this information upon arrival.

### Reminder for all attendees:

Please arrive at the designated start time or kindly wait downstairs if you arrive early, as we cannot go over 25 people in the gallery at any one time.

Please maintain adequate physical distancing at all times - a 6 feet separation or where not possible, 3 feet separation coupled with the wearing face masks.

### Patron Requirements

- Face masks are required to be worn at all times (\*these can be removed when seated 6 feet apart for yoga).
- Do not to come to the event or enter the facility if experiencing any COVID-19 symptoms.
- BNG volunteer will be at reception asking the following questions to ensure health and safety of all attendees:
  1. Have you been in close contact with a confirmed case of COVID-19, someone in quarantine' or travelled recently?
  2. Are you experiencing a cough, shortness of breath, or sore throat
  3. Have you had a fever > 100.4 F in the last 48 hours?
  4. Have you had new loss of taste or smell?
  5. Have you had vomiting or diarrhea in the last 24 hours?
  6. Consider patrons sign a declaration that they have read and understood their obligations.