

FOR IMMEDIATE RELEASE

Instant Infinity: Sarah Cole, A Solo Show

November 29th- December 7th, 2008

Reception: Saturday, November 29th, 8 – 11 PM

Instant Infinity offers access to spaciousness amidst chaos. At Sea and Space, participants lie down and look up at the ceiling through a circular device, visually sealing off the outside world. Conceived in New York City, this piece has been performed in Central Park, on the F train, at the office and in the artist's bed. *Instant Infinity* provides an opportunity to re-connect - with oneself, with one's environment and points out that what is perceived can and will disappear.

Sarah Cole's work explores communication and connection. Previous work includes *Private Staring Sessions* at Sea and Space in 2007; *Intentional Healing Sessions*, developed while studying at the Sundown Schoolhouse; and collaborations with Adam Overton and Hana van der Kolk. Sarah is currently training to become a Non-Violent Communicator.

Sea and Space Explorations

4755 York Blvd, LA, CA 90042

<http://www.seaandspace.org>

Gallery is open **Sundays 1-5 PM** and by appointment

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