



November 18, 2019

## MOSS ART - A CURE FOR STRESS

In our hectic world we are stressed in our home or work environment. Nature reminds us of childhood memories and has great wellness benefits. We are innately connected to nature and experience mindfulness in a natural environment.

We are proud to announce we will be exhibiting our LIVING AURA™ moss art, frames and nature-inspired art at the Central Gallery of Revolution Mill. Through our art we enhance environments to invoke calm, reduce stress, enhance productivity and creativity. We bring life to an environment by design. Visit BLISS and begin your journey.

### JANUARY 17 - MARCH 13, 2020

BLISS - Revolution Mill, Central Gallery, 1150 Revolution Mill Drive, Greensboro, NC 27405

Opening Reception February 7, 2020, 6pm - 8pm

*“Her style and verve have created a unique installation that refreshes my spirit and enthuses my mind. The textures, colors and varied materials help to connect me with the natural world. This living art brings me to a place of serenity and mindfulness.”*

As a professionally trained Artist/Designer/Interior Architect Mona King designs and produces LIVING AURA™ moss art and wall installations. Other nature-inspired art includes paper casting and intaglio etchings. A portion of LIVING AURA™ sales is donated to Arts based non-profits. Her work is inspired by her childhood association with the calmness of nature and a home full of art, literature and plants dutifully nurtured by her mother and father. She has work in private collections and has exhibited in other venues in North Carolina, and South Carolina.

B.A. Fine Arts, Indiana University, B.S. Interior Architecture, University of North Carolina Greensboro, magna cum laude, recipient of The UNCG Honors Council Student Excellence Award. First place in NC Sustainable Home design competition. M/WBE, HUB Certified, LEED GA, Assoc. IIDA

### ARTIST STATEMENT

*I have come full circle in my life, career and returned to my passion for art, design and nature. We are biologically wired to find inspiration through our connection to the natural world. I realize the times that I feel less stress, comfort and peace with the world and myself, I am surrounded by the elements of nature. With nature I am living my best life.*

### MONA + ASSOCIATES DESIGN, LLC

We are a multi discipline Human-centered collaborative Design group with a core focus on creating holistic designed spaces and services that promote wellness in the built environment. We incorporate biophilic principals of interior architecture, creative consulting, and Living art and walls; (LIVING AURA™) to retain employees, improve creativity, collaboration and productivity resulting in improved employer's ROI and Value of Importance to the employee.

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### CONTACT INFORMATION

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