



The Health Museum — Don't miss **Health & Wellness Week: Let it Move You**, March 12-16, 2018. Explore the science of sound at The Health Museum during Spring Break. Music is a central part of the human experience, but what is the natural force that drives us to sing, strum, drum and dance? What is the scientific basis of whistling, humming and toe-tapping? From an acoustic bed to experiments on your emotional response to music, Science Gallery's exhibition BIORHYTHM allows visitors to feel how music moves the body through an interactive bazaar of unique sonic experiences created by scientists, engineers and musicians from across the globe.

Each day features a variety of activities including science shows, exhibit tours, organ dissections, whole-body nutrition and live performances for the entire family. Lots of fun with Houston organizations including Young Audiences of Houston, Common Threads, UNICEF, Houston Methodist and yoga instructor Kai Lewis and Denise Horvilleur, who are part of the MD Anderson Integrative Medicine Center team. Don't miss **Free Family Thursday** from 2 pm – 5 pm with free admission **March 15**, plus the annual **UT Brain Night, March 15**, 6 pm – 8 pm. Families can see a real brain and ask questions to doctors. Admission is \$9 adults and \$7 kids (3-11). 1515 Hermann Drive.

Featured Artists

Nikkhoo Do Rap

Houston's Hip-Hop began in the park in effort to arrive people to the same space, vibe, and time. From Jamaica Dancehall, to NYC boom-bap, Cali G-Funk, Philly Soul, Houston Screw, Memphis Trap, Atlanta Crunk, Chicago Drill, and London Grime, Rap is the language of the MC. One of the Houston Press 2017 Top Ten Artists To Watch, Nikkhoo Do Rap, aims to place his style of Rap in the World.

DJ John Tran

John Tran aka Transcend, co-founder of YOUNIVERSOUL, a movement to awaken the oneness of all communities through music, mindfulness & movement, brings an authentic offering to every gathering he is involved in. After almost 2 decades of DJing in the dance music scene, Tran found a new passion in wellness & yoga, which led him to become a yoga teacher. This new found passion for yoga allowed him to deeply connect music & movement towards his higher purpose. Tran's love for yoga has taken him around the world to discover new modalities of sound healing & movement. Currently, he is co-creating an album with the Anjali Project, a yoga based band that performs electro/acoustic conscious grooves. His DJ sets now have evolved to a wide range of sounds from his traditional DJ turntable setup to now incorporating Tibetan singing bowls & hand drums, whether it be in a yoga studio, an outdoor festival gathering or an ecstatic dance party.

Kai Lewis

Kai Lewis is an instructor of Tai Chi, Qi Gong, Meditation and several South East Asian styles of martial arts. He has also completed his 200 yoga teacher hours and continues his studies in anatomy, massage, reflexology and sports science medicine. His interests lie in the practical methods of martial arts, healing, meditation, and yoga and applying these arts and their applications in a modern context. He currently teaches several public classes, partners with Baylor College of Medicine and is part of the MD Anderson Integrative Medicine Center team, sharing the health benefits of Tai Chi and Qi Gong with the hospital's cancer patients, caregivers and staff.

Denise Horvilleur

Denise Horvilleur is a teacher trainer and mentor for *Breathe, Move, Rest*, a mindfulness program that aims to bring yoga-based exercises and mindfulness practices to under-served public school districts across the country. Denise also serves cancer patients and their caretakers as a Mind-Body Intervention Specialist at Houston's MD Anderson Cancer Center as part of the Integrative Medicine Team. Denise practices Yoga, Tai Chi and mindfulness meditation and has traveled to Thailand and Indonesia to explore different methods of meditation and martial systems. Years of study and experience in different systems has led Denise to currently practice Ashtanga Yoga with her teacher, Rachel Nystrom, in Houston, TX.

Virgil Wolfe

Virgil Wolfe is a Baytown native Alternative Hip Hop artist, his sound is a blend of smooth hip hop with off kilter rhymes that redirect you to the movie scene in your ears.

Kelsey Lee Bland

As a contestant on The Voice in 2012, Kelsey Lee Bland has wowed crowds across America. A Houston native, she is known to melt hearts to plasma!

Z'Maji & SoulPop ElektriQue

Z'maji is an electronic soul singer and flamboyant performer from Houston, Texas. His sound is a blend of dancey-House rhythms & church tinged vocals. In 2014, he became background vocalist for Gulf Coast Soul originators, The Suffers and is currently finishing up his debut EP due out before summer.

Ari Alvarado

Ari Alvarado is an experimental/techno music producer from Houston, TX.

Tearz

Tearz is a Houston based DJ/producer. He is signed with the Majía label. Tearz also goes by Mystic Stylez - who throws the Trust Me Daddy and Exhibition parties.

Pastel

LA-based visual artist and musician Gabriel Brenner began releasing music as Pastel in the Summer of 2013. Drawing on artists such as Arca, Grouper, and Julianna Barwick, he crafted an idiosyncratic style that fell gracefully between folk, gospel, and experimental electronic music. By 2014, he had released his debut EP, It Will Be Missed, via Manimal Vinyl. In 2015, he released his second EP, Bone-Weary, via rising Houston-based label Very Jazzed. In 2017, he self-released an EP entitled absent, just dust, a 5-song collection exploring language, loss, and identity through ambient-noise soundscapes. Brenner donated half of all proceeds from the release to Freshet Collective, who have provided legal support to water protectors since the founding of the Sacred Stone Camp. On Valentine's Day 2018, he released one-off single "Close" to celebrate the holiday. He is currently working on his debut full-length release.

Saturday, March 10, 2018

SCHEDULE OF EVENTS

12, 2 & 4pm **Organ Dissection Demos, McGovern Theater**

1-3pm **Virtual Reality: Body Rhythm, Grand Hall**
Step inside virtual reality and get fully immersed in a world of games that highlight the ultimate musical experience that you have to see to believe.

3pm **Live Performance, Grand Hall**

Ongoing (10-3pm)

- **Musical Discoveries, Grand Hall**
Design musical instruments from scratch using recyclable materials and what you can find at home. Imagine! Create! Make some music!
- **Auscultation: listening to the internal sounds of the body
Grand Hall**
“Untz untz untz, Rataplan, Snap, Pop!” What a yackety-yak inside of you! Listen to your own internal music and learn about the instruments that allows doctors to listen to your body.



Sunday, March 11, 2018

SCHEDULE OF EVENTS

- 1, 2 & 3pm **School of Rock Clear Lake, McGovern Theater**
Don't miss Sunday Rocks. We are pleased to partner with School of Rock, a growing, passionate community dedicated to enriching lives through performance-based music education. Come and experience these talented young musicians.

Monday, March 12, 2018

SCHEDULE OF EVENTS

- 11am, 1pm **Battle of the Zen featuring DJ Tran, Grand Hall**
The ultimate meet-up of Tai Chi stances and Yoga poses. It's a battle of Zen-expertly woven martial arts and yoga with the pulsating sounds of hip, DJ mixes in the backdrop.
- 11am-3pm **Stroke Awareness, Grand Hall**
Presented by Janice Flewelling, Houston Methodist Hospital
- 12-3pm **Yoga & Tai Chi Demos, Grand Hall**
Presented by Kai Lewis & Denise Horvilleur
Guests will participate in mini Yoga & Tai Chi demonstrations and learn how the practice cultivates patience, confidence, and joy. They will also understand the neurology of the brain and how these ancient practices improve overall well-being.
- 12, 2 & 4pm **Organ Dissection Demonstrations, Mc Govern Theater**
- 3pm **Live Performance, Grand Hall**
- Ongoing (10-3pm)
- **Musical Discoveries**
Design musical instruments from scratch using recyclable materials and what you can find at home. Imagine! Create! Make some music!
 - **Auscultation : listening to the internal sounds of the body**
“Untz untz untz, Rataplan, Snap, Pop!” What a yackety-yak inside of you! Listen to your own internal music and learn about the instruments that allows doctors to listen to your body.

Tuesday, March 13, 2018

SCHEDULE OF EVENTS

11am, 1pm **Battle of the Zen, featuring DJ John Tran**

The ultimate meet-up of Tai Chi stances and Yoga poses. It's a battle of Zen-expertly woven martial arts and yoga with the pulsating sounds of hip, DJ mixes in the backdrop.

12-3pm **Yoga & Tai Chi Demos
Presented by Kai Lewis & Denise Holliveur**

Guests will participate in mini Yoga & Tai Chi demonstrations and learn how the practice cultivates patience, confidence, and joy. They will also understand the neurology of the brain and how these ancient practices improve overall well-being.

12, 2 & 4pm **Organ Dissection Demos**

2:30-3:30pm **Common Threads: Cooking for Life!**

Enjoy educational classes on health and wellness for the entire family presented by Common Threads, whose mission is combat the rising number of diet-related diseases, but also cultivate a culture that embraces a healthier lifestyle and celebrates diversity through food. This presentation is free!

3pm **Live Performance**

Ongoing (10-3pm)

- **Musical Discoveries**
Design musical instruments from scratch using recyclable materials and what you can find at home. Imagine! Create! Make some music!
- **Auscultation : listening to the internal sounds of the body**
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Wednesday, March 14, 2018

SCHEDULE OF EVENTS

- 10:00 **That's Drippin': Coffee & Rap featuring Nikhoo Do Rap**
Grand Hall
Enjoy a bit of morning Joe and learn interesting coffee facts.
- 11am, 1pm **Battle of the Zen featuring DJ John Tran**
Grand Hall
The ultimate meet-up of Tai Chi stances and Yoga poses. It's a battle of Zen-expertly woven martial arts and yoga with the pulsating sounds of hip, DJ mixes in the backdrop.
- 12-3pm **Yoga & Tai Chi Demos**
Presented by Kai Lewis & Denise Horlliveur
Grand Hall
Guests will participate in mini Yoga & Tai Chi demonstrations and learn how the practice cultivates patience, confidence, and joy. They will also understand the neurology of the brain and how these ancient practices improve overall well-being.
- 12, 2 & 4pm **Organ Dissection Demos**
- 2:30-3:30pm **Common Threads: Cooking for Life!**
Enjoy educational classes on health and wellness for the entire family presented by Common Threads, whose mission is combat the rising number of diet-related diseases, but also cultivate a culture that embraces a healthier lifestyle and celebrates diversity through food. This presentation is free!
- 3pm **Live Performance**
- Ongoing (10-3pm)
- **Musical Discoveries**
Design musical instruments from scratch using recyclable materials and what you can find at home. Imagine! Create! Make some music!

- **Auscultation : listening to the internal sounds of the body**
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Thursday, March 15, 2018

SCHEDULE OF EVENTS

- 11am, 1pm **Battle of the Zen featuring DJ John Tran**
Grand Hall
The ultimate meet-up of Tai Chi stances and Yoga poses. It's a battle of Zen-expertly woven martial arts and yoga with the pulsating sounds of hip, DJ mixes in the backdrop.
- 12-3pm **Yoga & Tai Chi Demos**
Presented by Kai Lewis & Denise Horvilleur
Grand Hall
Guests will participate in mini Yoga & Tai Chi demonstrations and learn how the practice cultivates patience, confidence, and joy. They will also understand the neurology of the brain and how these ancient practices improve overall well-being.
- 12-5pm **Rare Disease Awareness & Face Painting**
Presented by The Korie and Kacie Foundation
Grand Hall
The Foundation is dedicated to helping families with medical bills and funeral expenses after a child has passed away.
- 12, 2 & 4pm **Organ Dissection Demos. McGovern Theater**
- 2:30-3:30pm **Common Threads: Cooking for Life!, LCA**
Enjoy educational classes on health and wellness for the entire family presented by Common Threads, whose mission is combat the rising number of diet-related diseases, but also cultivate a culture that embraces a healthier lifestyle and celebrates diversity through food. This presentation is free!
- 3pm **Live Performance, Grand Hall**
- 5:30-7pm **Houston Methodist Lecture: "What is Musical Therapy?"**

6-8 p.m. **UT Brain Night with UT Health Neuroscience Research Center in conjunction with the Dana Alliance's International Brain Awareness Week**

This week lets you discover how the brain works through demonstrations ranging from bike-helmet safety, brain reflexes, eye-hand coordination and comparing brains of different species; children are encouraged to build their own nerve cell with pipe- cleaners and have their face painted with a nerve cell or brain, plus the opportunity to handle an actual human brain

Ongoing (10-3pm)

- **Virtual Reality: Body Rhythm**
Grand Hall

Step inside virtual reality and get fully immersed in a world of games that highlight the ultimate musical experience that you have to see to believe.

Educational Activities

- **Musical Discoveries**

Design musical instruments from scratch using recyclable materials and what you can find at home. Imagine! Create! Make some music!

- **Auscultation : listening to the internal sounds of the body**

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Friday, March 16

SCHEDULE OF EVENTS

- 10:00 **That's Drippin': Coffee & Rap featuring Nikhoo Do Rap**
Grand Hall
Enjoy a bit of morning joy and learn interesting coffee facts.
- 11am, 1pm **Battle of the Zen featuring DJ John Tran**
Grand Hall
The ultimate meet-up of Tai Chi stances and Yoga poses. It's a battle of Zen-expertly woven martial arts and yoga with the pulsating sounds of hip, DJ mixes in the backdrop.
- 11am-3pm **Stroke Awareness**
Grand Hall
Presented by Janice Flewelling, Houston Methodist Hospital
- UNICEF,**
Grand Hall
Presented by Olivera Jankovska, UNICEF
- 12-3pm **Yoga & Tai Chi Demos**
Presented by Kai Lewis & Denise Horvilleur
Grand Hall
Guests will participate in mini Yoga & Tai Chi demonstrations and learn how the practice cultivates patience, confidence, and joy. They will also understand the neurology of the brain and how these ancient practices improve overall well-being.
- 12, 2 & 4pm **Organ Dissection Demos**
McGovern Theater
- 3pm **Live Performance**
Grand Hall
- 6-9pm **Vibrations & Libations: Teen Edition (14-18 years old)**
Presented in partnership with Kaleidoscope Houston
Local teen DJs, art, fashion, music and more.

Ongoing (10-3pm)

Virtual Reality: Body Rhythm

Grand Hall

Step inside virtual reality and get fully immersed in a world of games that highlight the ultimate musical experience that you have to see to believe.

Educational Activities, Grand Hall

Facilitator: D'Wana

- **Musical Discoveries**

Design musical instruments from scratch using recyclable materials and what you can find at home. Imagine! Create! Make some music!

- **Auscultation : listening to the internal sounds of the body**

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Saturday, March 17, 2018

SCHEDULE OF EVENTS

12, 2 & 4pm **Organ Dissection Demos, McGovern Theater**

12-5pm **Rare Disease Awareness & Face Painting
Presented by The Korie and Kacie Foundation
Grand Hall**

The Foundation is dedicated to helping families with medical bills and funeral expenses after a child has passed away.

3pm **Live Performance, Grand Hall**

Ongoing (10-3pm)

Virtual Reality: Body Rhythm

Step inside virtual reality and get fully immersed in a world of games that highlight the ultimate musical experience that you have to see to believe.

Educational Activities, Grand Hall

- **Musical Discoveries**
Design musical instruments from scratch using recyclable materials and what you can find at home. Imagine! Create! Make some music!
- **Auscultation : listening to the internal sounds of the body**
“Untz untz untz, Rataplan, Snap, Pop!” What a yackety-yak inside of you! Listen to your own internal music and learn about the instruments that allows doctors to listen to your body.