



# Meditation Ocean Constellation: Meditation Ocean

## Programming Impact Report

February 11 – July 9, 2023  
Wexner Center for the Arts

Conceived and directed by Hope Ginsburg, *Meditation Ocean* was the culmination of her two-year Artist Residency Award and decades-long relationship with the Wexner Center for the Arts, including their Film/Video Studio. A collaborative, iterative project, *Meditation Ocean* was made by the Meditation Ocean Constellation, which comprises artists, writers, educators, meditators, musicians, curators, divers, and scientists.

The heart of the exhibition was *M.O. Turtlegrass Meadow* (2023), a large-screen, six-channel video installation that created an immersive ocean environment, inviting contemplation and engagement. Shot over four days in the Florida Keys' Biscayne National Park, the work captured eight meditating scuba divers as they "breathe with" ocean wildlife, rising from the seabed to float in meditation. Ten prerecorded, commissioned scripts allowed audiences to join the divers in meditative practice within the installation.

Curated by Film/Video Studio Curator Jennifer Lange, this exhibition was accompanied by a series of related programs, workshops, and events developed collaboratively with the Wex's Department of Learning & Public Practice.

## Realizing Meditation Ocean through Public Practice

*Meditation Ocean* was a platform intended to be **activated through a variety of public programs**. To fully realize *Meditation Ocean* and its accompanying public programs, collaborations were cultivated across the Wex's Departments of Film/Video, Exhibitions, and Learning & Public Practice, as well as with students, faculty, and staff at The Ohio State University.



Participating artists Hope Ginsburg, Jennifer Lange, and Alexis McCrimmon in conversation. Photo Courtesy of Katie Gentry.

The installation welcomed over **8,500 guests** with an additional **2,000 joining for related programs**, workshops, and events. In all, *Meditation Ocean* engaged **over 10,000 participants**, including university students and faculty, K-12 students and educators, intergenerational families, and more.

Nearly **300 online participants** from across **Central Ohio and throughout the US Midwest** engaged with virtual programs and workshops.

General Public	8,732
K-12 Students and Educators	948
University Students, Faculty, and Staff	904
<b>TOTAL</b>	<b>10,584</b>

## Public Programs, Workshops, and Engagements

### Art and Resilience Student Org Watercolor Studio

November 7, 2022 | 7-9 PM

The Lawrence and Isabel Barnett Center for Integrated Arts and Enterprise

Attendance: 24

Ohio State Art and Resilience Student Group members used the watercolor medium to engage in reflections on our relationships with water, fluidity, breath, and the ocean. They discussed the in-process residency with Hope Ginsburg (while learning what an artist's residency is).

### Studio Visit with Art and Resilience Student Org

November 16, 2022 | 7-9 PM

WCA Film/Video Studios

Attendance: 16

Ohio State Art and Resilience Student Group members had the opportunity to connect with Hope Ginsburg and Jennifer Lange as they learned about the history of Ginsburg's creative relationship with the Film/Video Studio. The group experienced a sneak preview of *Meditation Ocean* and had the opportunity to ask questions about the artist's process and the function of the Film/Video Studio within the Wex.



Art and Resilience student group members collaborate on a responsive artwork inspired by *Meditation Ocean*. Courtesy of Tracie McCambridge

### Art & Ecology/Meditation Ocean in conversation with Art and Resilience Student Org

February 6, 2023 | 7-9 PM

The Lawrence and Isabel Barnett Center for Integrated Arts and Enterprise

Attendance: 17

Ohio State Art and Resilience Student Group members discussed ways that artists intersect environmental issues with their creative practice. The group created a collaborative assemblage using recycled materials and presented the piece to Hope Ginsburg to express their appreciation for the time that she and our Film/Video studio have shared with the A&R student group.

### Exhibition Preview

February 10, 2023 | 4-8 PM

Wexner Center for the Arts

Attendance: 550

To celebrate the opening of *Meditation Ocean*, WCA members were invited to explore the galleries alongside the featured artists from 4 to 6 PM. Then, from 6 to 8 PM, all were welcome to take in the exhibitions and enjoy vegetarian appetizers and a cash bar in the Lower Lobby.

## Pages: An Arts, Literacy and Writing Program for High School Students

*Pages* is an innovative multidisciplinary program that pairs educators and artists from the Wexner Center with high school teachers from across central Ohio in the planning of writing-based experiential learning opportunities for students.

In Spring 2023, *Pages* students engaged with *Meditation Ocean* and considered how issues of personal and environmental well-being are intertwined. Participating schools included South Western City Schools Career Academy, West Liberty Salem High School, Columbus Downtown High School, Whitehall Yearling High School, and Walnut Ridge High School. *Pages* students visited the center to experience gallery exhibitions, a performance, and a film and respond to those experiences in writing. The program culminated in a publication of student writings and artwork and an end-of-year open mic reading at the Wexner Center.

### ***Pages*: Exhibiting artist conversation with Hope Ginsburg, *Meditation Ocean***

February 21, 2023 | 10:30 AM – 12 PM

Zoom

Attendance: 200

### ***Pages* Exhibition Tours**

February – April 2023

WCA Galleries

Attendance: 120

### ***Pages* Open Mic**

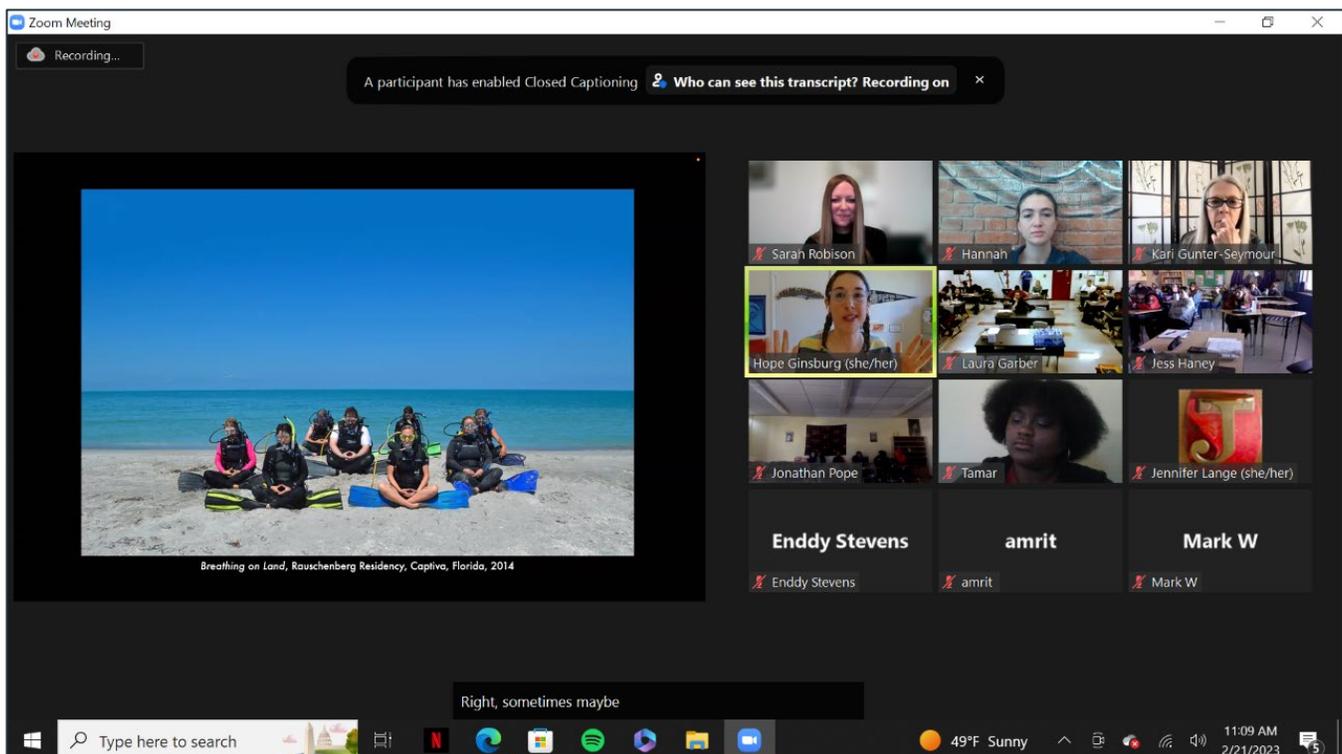
May 10, 2023 | 11:30 AM – 1:30 PM

Wexner Center for the Arts

Attendance: 136

“I got to see and express a different side of me that I couldn't think of being. I saw other people's point of view about different things in life.”

- *Pages* High School student



*Pages* students engage with artist Hope Ginsburg in a virtual workshop. Courtesy of Sarah Robison.

## Artist Talk: Hope Ginsburg in Conversation with Jennifer Lange and Alexis McCrimmon

March 9, 2023 | Gallery experience at 4:30,  
Conversation at 5:30PM  
WCA Galleries, Film/Video Theater

Artist Hope Ginsburg, Film/Video Studio Curator Jennifer Lange, and Studio Editor Alexis McCrimmon engaged in a public conversation around *Meditation Ocean*. Participants experienced the work in the galleries then went behind the scenes with the artist, learning how it was developed, produced, and edited in collaboration with the Wex's Film/Video Studio. The speakers demystified the process, discussed the importance of lifelong learning and inquiry, and shared in moments of mindfulness.

## Hope Ginsburg Studio Visits with Department of Art Graduate Students

March 27 | Time TBD  
Ohio State University Department of Art  
Attendance: 15

Artist Hope Ginsburg visited the art studios of department of art graduate students on Ohio State's campus.

## Art-Sci Exchange: Meditation Ocean and Byrd Polar and Climate Research Center

March 28, 2023 | 10 am – 3 pm  
Wex galleries and Byrd Polar and Climate Research Center  
Attendance: 18

This program invited learners of all kinds, including educators, scientists, museum workers, and artists to consider how we may connect with and learn from the earth and from each other through experiential explorations of both art and science. At the center of this experience was an opportunity for artists, educators, and scientists to explore a shared interest in climate science research.



Film/Video Studio Curator Jennifer Lange in conversation with Hope Ginsburg and Alexis McCrimmon. Courtesy of Katie Gentry.



Art-Sci Exchange at Wexner Center for the Arts. Courtesy of Katie Gentry.



K-12 students at Byrd Polar and Climate Research Center as part of *Expanded Classroom*. Courtesy of Katie Gentry.

## **Expanded Classroom: A Dialogue with Meditation Ocean and Byrd Polar Climate Research Center**

March 29, 2023 | 9:30 AM – 1 PM

Wex galleries and Byrd Polar Research Center

Attendance: 23

Science and art come together to consider the impact and possible solutions to climate change across the globe in this Expanded Classroom program. At the Wex, dive into *Meditation Ocean* with artist Hope Ginsburg to explore the possibilities of art and mindfulness to inspire individual and social change. At Byrd Polar Climate Research Center, take a trip to the polar regions to unearth what science tells us about the future of our climate. Together with a partner school, students will convene over lunch to consider the ways that art and science intertwine to address the climate crisis.

## **Artist Talk and Visioning Session: Hope Ginsburg**

Sponsored by Humanities Institute Living Art Eco Lab Working Group

March 30, 2023 | 2 PM – 3 PM

Hopkins Hall

Attendance: 55

Ohio State's Living Art Ecology Lab facilitated an artist talk with Hope Ginsburg, who shared a presentation of her work, followed by a community discussion surrounding the development of the new Living Art & Ecology Lab in the Department of Art. This event was supported by Ohio State's Humanities Institute.



Photo Courtesy of Katie Gentry.

## Connecting the Body to the Natural World with Brother(hood) Dance! and Global Water Dances Columbus

April 13, 2023 | 10 AM – 1 PM

WCA Galleries and Mershon Auditorium

Attendance: 15

Following their performance in H2O Danceworks: Columbus Choreographers Showcase Orlando Zane Hunter Jr. and Ricarrdo Valentine of Columbus-based duo Brother(hood) Dance! guided participants in connecting their bodies to our natural environment. Programmed in conjunction with *Meditation Ocean*, which similarly calls attention to the cultural significance of land and water, this workshop asked participants to consider how individuals can use movement to express messages around sustainability, water, and the earth.

“Orlando and Ricarrdo were so kind and gentle with everyone, and very affirming. They both took time to connect and ensure understanding of the movements, significance, relationships to water, and our relationships with our bodies. I learned new words, old stories about water deities and the influence of dance in the African diaspora. I made dance poetry with a group of friendly strangers, and it was beautiful.”

- *Connecting the Body to the Natural World* participant.



## Counterpoints: School of Music Performances

April 16, 2023 | 3 PM – 4:30 PM  
WCA Galleries  
Attendance: 50

Featuring musicians from Ohio State's School of Music, this performance was the first program in the Wex's new series *Counterpoints*, which showcases community partners and their creative work inspired by exhibitions on view. The performance illuminated the work and artists represented in the Meditation Ocean Constellation's *Meditation Ocean*, Sa'dia Rehman's *the river runs slow*, A.K. Burns's *Of space we are...*, and Anna Tsouhlarakis's *The Native Guide Project: Columbus*.



## Family Saturday

April 29, 2023 | 9 AM – 12 PM  
Wexner Center for the Arts  
Attendance: 146

This informal, free family-focused event included studio activities, film screening, a children's book reading and book signing with local artist Keturah A. Bobo, and a family-friendly exploration of the galleries—including *Meditation Ocean*.



## Expanded Classroom: Brian Harnetty, *Forest Listening Rooms*

March 21 and April 19 and 25 | 10 AM – 11 AM  
Ohio State Oval and Wex galleries  
Attendance: 70

What does sound tell us about the world around us? What happens when we really listen? Brian Harnetty, Wex featured artist in Performing Arts, led a "forest listening walk" on campus at The Ohio State University exploring the concept of a forest, from rural woods to urban landscapes, and the social and environmental histories that these spaces hold. After the walk, K-12 participants dove deeper into the concepts of water, environment, and society on an interactive tour of the Wex's spring exhibitions.

Photos: (Top) School of Music student performs original composition inspired by *Meditation Ocean*. Courtesy Katie Gentry. (Middle) Child engaging with *Meditation Ocean* installation. Courtesy Aja Davis. (Bottom) K-12 student participates in guided reflection of *Meditation Ocean* as part of Brian Harnetty, *Forest Listening Rooms*. Courtesy of Kim Leddy.

## Breathe: An Artist-led Meditation Series

Participants were invited to learn and discover in a hybrid meditation series featuring Hope Ginsburg, Cadine Navarro, and Anaïs Duplan, all artists and meditation practitioners.

Each artist led 2 meditation sessions or “chapters,” connecting breathwork and their artistic practice, either virtually or in-person. The artists contemplated, reflected, and facilitated thinking:

*How does meditation and connection to breath influence and shape our work, relationships, environment, and place in the world?*



*Breathe* walking meditation led by Hope Ginsburg. Courtesy of Katie Gentry.

### **Breathe: Hope Ginsburg**

March 4, 2023 | 11 AM – 12:30 PM

Galleries + Streamed

Attendance: 15

March 11, 2023 | 11 AM – 12:30 PM

Schiermeier Olentangy Wetlands

Research Park

Attendance: 13

“I really value these more holistic programs that connect art exhibits to the wider world and to attendees as people. It's humanizing and it's a good reminder to incorporate some self-care practices into my hectic schedule.”

- *Breathe* participant.

This pair of *Breathe* chapters offered a dive into mindfulness for beginning and experienced meditators that explored connections between two ecosystems, the far-flung coral reef of the Meditation Ocean installation and a local site, which participants visited as a group. Intention-setting, inquiry, and exchange were part of each afternoon, along with the invitation to deepen a relationship with our environment through continued meditation practice and engagement.

**Breathe: Anaïs Duplan**  
March 18, 2023 | 11 AM – 12 PM  
Streamed  
Attendance: 12

March 25, 2023 | 11 AM – 12 PM  
Streamed  
Attendance: 14

Poet and artist Anaïs Duplan led sessions connecting our bodies and our creativity. Through mindfulness practice, Duplan led the group in two virtual sessions, nurturing our connections with our bodies and our innate sense of imagination.

**Breathe: Cadine Navarro**  
April 1, 2023 | 11 AM – 12 PM  
Grange Insurance Audubon Center  
Attendance: 6

April 8, 2023 | 11 AM – 12 PM  
Grange Insurance Audubon Center  
Attendance: 8

Cadine Navarro welcomed participants into her immersive installation *It Sounds Like Love* at the Grange Insurance Audubon Center. This guided indoor/outdoor meditative experience encouraged participants to develop a different relationship to the sensory world.



Hope Ginsburg, Cadine Navarro, and Anaïs Duplan participate in Director's Dialogue. Courtesy of Katie Gentry.

**Director's Dialogue: Breathe**  
April 20 | 6PM  
WCA Film/Video Theater + Streamed  
Attendance: 90

Hope Ginsburg, Cadine Navarro, and Anaïs Duplan joined in a public conversation with moderator Dora Kamau to reflect on how breathwork and meditation connects to their artistic practice.



Wex Resident Artist, Kari Gunter Seymour leads a gallery experience with High school students. Courtesy of Katie Gentry.

## Gallery Experiences

February 11 – July 9, 2023

WCA Galleries

Attendance: 790

The Wex's gallery education program introduces audiences of all ages to the contemporary art on view in the Wexner Center galleries. Guided tours are always highly individualized, interactive, and age appropriate—with many tours customized to fit curricular objectives in language arts, social studies, history, visual arts, and many more.

Tours of *Meditation Ocean* included participants from:

- ≈ Arts and College Preparatory Academy (K-12)
- ≈ Columbus Downtown High School
- ≈ Columbus State Community College
- ≈ Dennison University, Fine Art class
- ≈ GEMS After School Program (K-8)
- ≈ Kenyon University, Art History class
- ≈ Mosaic K-12 program
- ≈ Ohio State Advancement Staff
- ≈ Ohio State College Education and Human Ecology, Fashion Forecasting class
- ≈ Ohio State Department of Art, Drawing class
- ≈ Ohio State Department of Art, Encountering Contemporary Art class
- ≈ Ohio State Department of Art, Painting and Drawing class

- ≈ Ohio State Department of Arts Administration, Education, and Policy, Intro to Art Education
- ≈ Ohio State Department of Dance, Alexander Technique class
- ≈ Ohio State Department of Women's Gender and Sexuality Studies
- ≈ Safelite Glass Repair staff
- ≈ South Western City Schools Career Academy
- ≈ St. Francis DeSales High School
- ≈ St. Pius X School
- ≈ WCA Art & Resilience Student Group
- ≈ West Liberty-Salem High School
- ≈ Wexner Center Educators tour of Film/Video Studio
- ≈ Whitehall Yearling High School



"Have new horizon, is the best way to understand the world and the future."

- Drawing by tour participant.

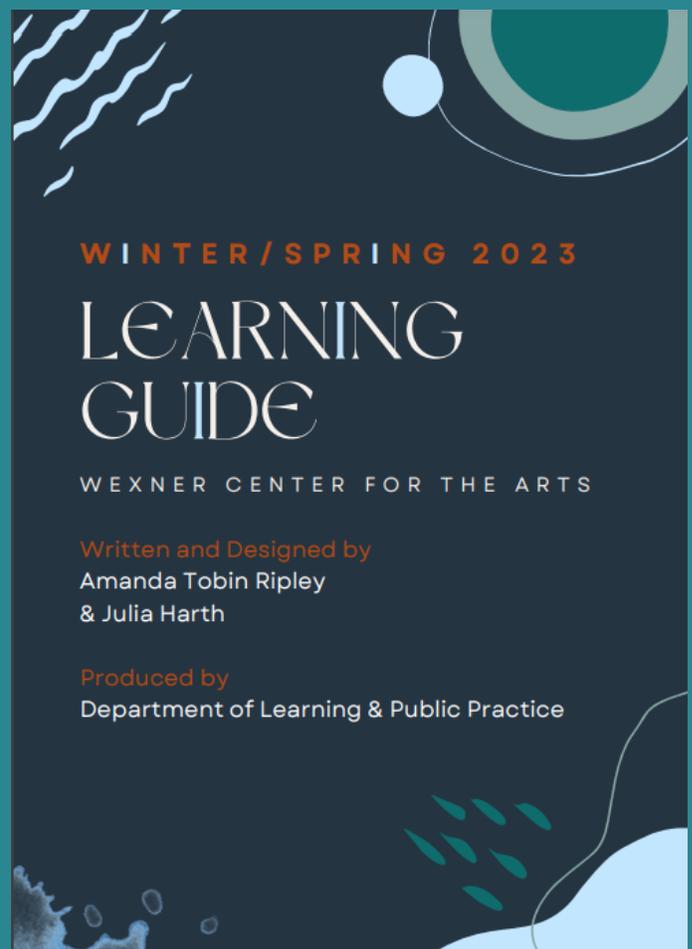
## Learning Guide

wexarts.org

Total downloads: 232

In addition to an [exhibition gallery guide](#), the Wex's department of Learning and Public Practice produced the [Meditation Ocean Learning Guide](#) to deepen learning and engagement with the exhibition. The digital publication was made available to individuals and small groups, who were invited to explore the themes and content of the exhibition at their own pace, anywhere.

The learning guide was a close collaboration with Spring 2023 curators and exhibiting artists, including Hope Ginsburg and Jennifer Lange. Members of the M.O. production team also did a special interview with learning guide writers, Amanda and Julia, to open up more of their process in making the work. The learning guide was shared with all groups visiting *Meditation Ocean* on a school program or group tour.



## Meditation Ocean Constellation

Each iteration of Meditation Ocean is the result of a collaborative ecology. The constellation that created *M.O. Turtlegrass Meadow* includes the following.

Hope Ginsburg, Artist/Director

Jennifer Lange, Curator/Producer

Matt Flowers, Director of Photography

Alexis McCrimmon, Editor and Colorist

Joshua Quarles, Composer and Sound Recordist

Jim McNeal, Dive Safety Officer

Dionne Custer Edwards, Director of Learning & Public Practice

Tracie McCambridge, Director of Art & Resilience

Emily Haidet, Manager of Community, Public, and Academic Programs

Emily Oilar, Project Manager, Learning & Public Practice

Sarah Robison, Manager of Teaching, Learning, and Interpretive Practices

Stephen Jones, Exhibition Design Engineer

David Dickas, Exhibition Designer

Sarah Howard, Dive Team Captain

Bob Ballard, Dive Team

Steve Peloquin, Dive Team

Rachel Stewart, Diving with a Purpose, Dive Team

Riane Tyler, Diving with a Purpose, Dive Team, Meditation Script Writer

Mary Boltz, Dive Guide

Oscar Fleites, Boat Captain

Chelsea McLaughlin, Boat First Mate

Lily Cox-Richard and Michael Jevon Demps, Library of Radical Returns, Meditation Script Writers

Nicolás Dumit, Estévez Raful, Espejo Ovalles, The Interior Beauty Salon, Meditation Script Writers

Forest–Body–Chair and Mildred’s Lane Session Fellows: Gina Siepel, Session Coleader; Julia O.

Bianco; Joe Lerro; Rachel Schmoker; Ainsley Steeves; Samiha Tasnim; Ruby Waldo; and Lotte Kliros

Walworth; Meditation Script Writers

Brad Fox, Meditation Script Writer

Rachel Hilton, Yoga Scope, Meditation Script Writer

GM Keaton, Meditation Script Writer

Tifani Kendrick, Meditation Script Writer

Monique McCrystal and Deja Redman, Replenish, Meditation Script Writers

Fiona Middleton, Meditation Script Writer

Sara Smith, Meditation Script Writer

Naoko Wowsugi, Meditation Script Writer

Melody Jue, Writer

Anaïs Duplan, Writer

Matthew Barger, Vocalist

Olivia Carlton, Vocalist  
Lauren Maho, Vocalist  
Jesse Roberts, Vocalist  
Julia Harth, Learning Guide Researcher  
Amanda Tobin Ripley, Learning Guide Researcher  
Kendall Markley, Graphic Designer  
Nisiqi, Graphic Designer  
Nia Snelling, Art & Resilience Student Leader  
Sophia Buskirk, Art & Resilience Student Leader  
Deidre Hogue, Designtex, Materials Designer  
Jerry Marshall, Upholsterer

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High School student writes in the *Meditation Ocean* installation. Courtesy of Katie Gentry.