

## UC SAN DIEGO'S STUART COLLECTION TO LAUNCH MINDFULNESS AUDIO TOUR COMPOSED AND PERFORMED BY MASHONDA TIFRERE

*'Inscape: Art and Mindfulness at the Stuart Collection' takes listeners on a tour of UC San Diego's storied collection.*



*Credit: Erik Jepsen*

The Stuart Collection at the University of California San Diego is launching an innovative mindfulness audio tour of its renowned collection in collaboration with artist Mashonda Tifre.

“Inscape: Art and Mindfulness at the Stuart Collection” presents listeners with wellness-based experiences at all works within the collection of 22 site-specific pieces throughout the UC San Diego campus. Each piece is paired with an original spoken word composition written and performed by Tifre, a celebrated arts curator, collector and consultant, and is aimed at fostering a deeper and more intentional relationship with art. The program launched on July 8 through the Stuart Collection’s website at [stuartcollection.ucsd.edu](http://stuartcollection.ucsd.edu).

“As we build upon the success of [Jeppe Hein’s ‘Breathe with Me’ project](#) last fall, we are thrilled to provide the public with more opportunities to deeply engage with art on campus,” shared UC San Diego Executive Director and Chief Campus Curator Jess Berlanga Taylor. “This project’s experiential nature immerses visitors in the Stuart Collection by creating a personal, contemplative connection with each piece and aligns with my curatorial vision to further

intertwine the arts and well-being. Mashonda's passion for both artistic expression and mindful reflection is obvious in the curation of this experience."

Tifre is the founder and director of two organizations: ArtLeadHER and Art Genesis. ArtLeadHer works with women and teenage girls to provide visual arts education, professional development, brand exposure and opportunities to exhibit their art in prominent exhibition spaces. Art Genesis provides exhibition opportunities for emerging and established artists.

"My vision for 'Inscape' was to develop an audio experience that contrasts mindfulness with our interactions and connections to art and nature," said Tifre. "Each day, I engage in three practices—appreciating art, meditating and listening to music—to reset my energy. I am motivated by a longstanding desire to heal from past emotional struggles and provide healing tools to others, particularly students and community members who engage with the Stuart Collection."

Tifre spent months at UC San Diego crafting original music and meditations inspired by each artwork featured in the audio experience.

"'Inscape' provides our students with a creative way to engage with this world-renowned public art collection, allowing them to view these pieces through a lens that promotes a healthy sense of well-being," shared UC San Diego Vice Chancellor for Student Affairs and Campus Life Alysson Satterlund. "We are so pleased to have Mashonda, a deeply involved and creative force, supporting our collective arts and wellness initiatives at UC San Diego."

"Research shows that engaging with the arts enhances overall well-being, and we know that the future of mental health care and well-being is both preventative and self-initiated," said UC San Diego Executive Director of Student Health and Well-Being Dr. Edward Junkins. "This one-of-a-kind resource is another example of our commitment to providing our students with tools and experiences that bolster their overall health."

Through her diverse array of artistic pursuits, Tifre works to build a sustainable marketplace for both emerging and established artists and creatives. The Art Business graduate from Christie's Education—the only academic institution wholly owned by an auction house—has partnered with Beyoncé's BeyGOOD, Gucci's Chime for Change, American designer Donna Karan, museums, galleries and art fairs worldwide to curate exhibitions. In 2024, she was honored by Miami's flagship art museum, Pérez Art Museum Miami, at its Art + Soul Celebration for her curatorial and activism work.

"Inscape: Art and Mindfulness at the Stuart Collection" is written and performed by Mashonda Tifre, featuring collaborations with Dianna Lopez. Original production by De'Quawn Brown. Guitar by Smiley.

### **About UC San Diego**

At the University of California San Diego, a culture of risk-taking, collaboration and innovation emerged early on. Established in 1960, UC San Diego has been shaped by exceptional scholars who aren't afraid to push boundaries, challenge expectations and redefine conventional wisdom in order to make our world better. The only criterion our founders had for their campus was that it must be distinctive – and being experimental has been the norm since day one. Learn more at [www.ucsd.edu](http://www.ucsd.edu).

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