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**"Natural Rhythm"
Photography by Tom Payne
Opens October 7 at Himmelfarb Gallery, Maryland University of Integrative Health**

LAUREL, MD – "Natural Rhythm" features photography by Woodbridge, VA artist Tom Payne and opens Saturday, October 7, 2017, in the Himmelfarb Gallery at Maryland University of Integrative Health (MUIH). A reception for the artist will be held on Thursday, October 19 from 5 – 7:30 p.m.

Payne's nature and wildlife photography illuminates the movement, stillness, beauty, and balance found in the natural world. "All living things are interrelated and participate in a unified dance, choreographed through the ages," says Payne. "There is an ebb and flow in nature, a living tempo. Photographs freeze a single moment in time...one heartbeat in the ongoing pulse of life."

The artist encourages viewers to "linger and look closely. You will see evidence of movement embedded in each still image. There is indeed a natural rhythm."

Artwork from the exhibit will be on sale through the Meeting Point bookstore, which is adjacent to the gallery. Visit the Himmelfarb Gallery online at <http://www.muoh.edu/campuscommunity/about-campus/himmelfarb-gallery>.

What: "Natural Rhythm" Photography by Tom Payne

When: October 7 – December 23, 2017

Where: Himmelfarb Gallery, Maryland University of Integrative Health
7750 Montpelier Rd., Laurel, MD 20723

Artists Reception: Thursday, October 19, 5 p.m. – 7:30 p.m. at the Himmelfarb Gallery

Gallery Hours: Monday – Friday: 8 a.m. – 7 p.m.; Saturday and Sunday: 8 a.m. – 4 p.m.

About Tom Payne

Tom is a photographer, musician, digital artist, and graphic designer. He founded Payne Relief ArtworX in 2016, whose mission is to "create works of art that evoke emotion, stimulate thought, provide inspiration, and uplift the human spirit". Since retiring from the Howard County Public School System as Coordinator of Gifted Education and Fine Arts, Tom has been creating, performing, and exhibiting his "ArtworX" in and around Northern Virginia and DC. Some of his most recent work has been shown at the Annapolis Maritime Museum as part of the Maryland Federation of Art juried "Flora or Fauna" exhibition. Visit his artwork at <https://www.payne-relief-artworx.com/>.

About Maryland University of Integrative Health

Maryland University of Integrative Health (MUIH) educates practitioners and leaders in health and wellness through transformative and relationship-centered programs that integrate ancient wisdom and contemporary science. MUIH offers graduate degrees and certificates in a wide range of wellness fields, as well as programs for professional and personal development. The on-campus Natural Care Center offers compassionate and affordable healthcare from student interns and professional practitioners, delivering more than 35,000 clinical treatments a year.

About the Himmelfarb Gallery

The lobby of MUIH's main campus building serves as the gallery space and features four exhibits each year that focus on some aspect of healing, wellness, or nature. Since opening in April 2003, the gallery has displayed paintings, drawings, prints, photographs, fabrics, and artist-made paper. For more information, please visit www.muih.edu. High-resolution images are available upon request.

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