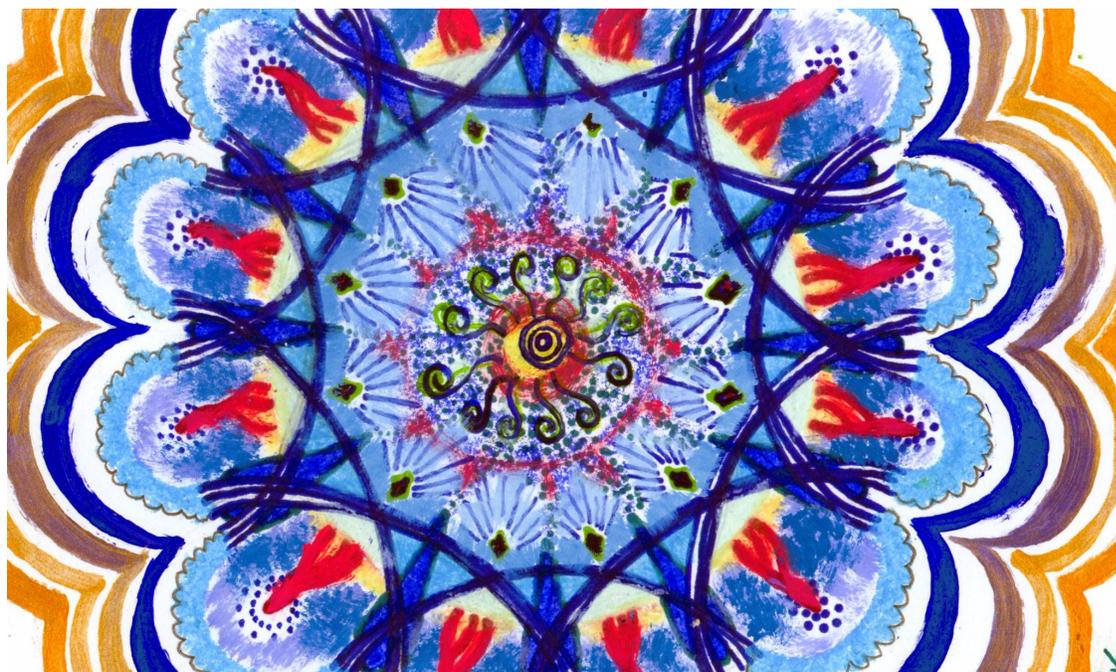


Take an Art Break Symposium

Art is a Lifeline

WORKBOOK

How can we use art as a lifeline to communicate, connect, and heal the world around us?



Art is a Lifeline is a virtual symposium featuring artists and art advocates who embrace the healing process of art making and are who currently creating artworks, projects, and programs that empower individuals and communities to thread art into their lives in order to rise above difficult situations and challenges for the sake of their well being. In this symposium, the non-profit art organization, Art is Moving, will host a series of art workshops, conversations, and performances about transformation, process, and self care for all people and places. The symposium will create an environment for connection, inspiration, education, and provide ideas and recommendations to aid artists and other organizations working to create their own art and wellness centered practice, project, or artwork.

Hosted by: Art is Moving

Art is Moving is a 501 (c) (3) Non-profit organization that creates, initiates, and shares community art projects that educate, encourage, and empower people to “take an art break” and make art part of their daily life. We do this because we know that art makes people better. And, better people make a better world.



Art is Moving

TAKE AN ART BREAK! Make the world better.

How to use this workbook

This *Art is a Lifeline* workbook will deepen the wisdom you gain from the series of workshops, conversations, and performances you watch and experience during the day long Take an Art Break Symposium. It's best to print the whole workbook (double sided pages work best) and have it next to you as your companion throughout the day to help you capture key ideas and moments you want to remember.

Use the **Reaction Spaces** placed throughout the workbook to doodle, draw, write down aha moments, ideas, thoughts, questions, anything that pops to mind during each session. Feel free to dive right into the **Reflection Questions** during each transition and break time or save them for after the entire event.

The **Overall Reflection Questions** are there for you to help you gather and organize your inspirations, thoughts, ideas, and jot down the next steps you want to commit to taking to create a stronger art lifeline or a brand new one for yourself or your community.

The **Art Breaks** at the end of the workbook are there for you to refer back to time and again when you need some inspiration. No one said you have to take a different art break each time. Find the one that suits you and use it. Or, try a new one when you need to shake things up a bit.

We hope this workbook is something you find yourself coming back to time and again as a support system, encouraging friend, and reference book for your vision and goals.

Intentions

Before you start, think of 3 to 5 hopes or goals you have for yourself during the symposium. Jot them down below.

Workshop Schedule:

10:00am WORKSHOP (1 Hour) / Sharon Burton and Artis

Moon Amarché: *Using Art to Find Calm in an Uncertain World*

Supplies Needed: At least 3 pieces of paper and drawing material (crayons, markers, colored pencils, colored pens, watercolor pens, anything that has color and can be easily used for drawing)

11:00am PERFORMANCE (9 Minutes) / Alison Clancy with cellist Brent Arnold: *Mutant Gifts*

You may prefer to use a good set of headphones to experience this performance.

11:15am CONVERSATION (26 Minutes) / Denise Wolf: *Art and Catharsis*

11:45am WORKSHOP (45 Minutes) / Lisa Rasmussen and Lauren Sharpton: *Using Art Events to Connect Communities*

Supplies Needed: 2 pieces of blank paper, pen, pencil, marker or other drawing material

12:30pm CONVERSATION (37 Minutes) / Daryne Rockett:

Using art as a source of camaraderie and renewed sense of mission for Veterans

1:15pm WORKSHOP (1 Hour) / LJ Boswell: *heART journaling*

Supplies Needed: Journal or paper and any art materials you'd like to work with (this can simply be pen or pencil)

2:15pm PERFORMANCE (27 minutes) / Sharon Burton: *Yoga Nidra Practice for Calm and Creativity*

Supplies Needed: Yoga Props for Meditation OR a Blanket and Pillow

3:00pm WORKSHOP (45 Minutes) / Jesse Hunt: *Therapeutic Artifacts in the Healing Environment*

Supplies Needed: Sketchbook/Paper, pencils, pens, markers, crayons, watercolor, ruler, an image or object you like

3:45pm CONVERSATION (40 Minutes) / Mary Rockwood Lane: *Nurse's Guild*

4:45pm - 5:15pm MEET AND GREET

Supplies List:

Sketchbook or Blank Paper (at least 10 pieces)

Drawing Materials (a variety of any of the following - make sure you have one that has color):

Pen
Pencil
Marker
Crayons
Watercolor
Colored pencils
Colored pens
Watercolor pens

Any other art materials you might be interested in using

A Ruler

An image or object you like

Yoga Props for Relaxed Meditation OR a Blanket and Pillow

Good Speakers OR Headphones

Using Art to Find Calm in an Uncertain World

A Workshop with
Sharon Burton and
Artis Moon Amarché



This workshop is designed to provide a background of the connection between creative expression and healing. A brief overview of that connection based on research will be presented followed by a simple interactive exercise to demonstrate how creativity via drawing can help address emotional wellness. The exercise that will be conducted is a mind body experience that was originally developed by the Center for Mind Body Medicine based in Washington, DC.

Supplies List:

- Drawing material: crayons, markers, colored pencils, colored pens, watercolor pens, anything that has color and can be easily used for drawing.
- At least three pieces of paper (watercolor paper, drawing paper, mixed media paper or plain paper).

Reaction Space

Reflection Questions:

1. How did you feel when you first addressed yourself in the exercise regarding “Me Now”? (i.e. : hopelessness, heaviness, anger, etc.) Did you feel any specific sensations in your body? (i.e.: rapid heartbeat, a feeling of warmth coming up your body, etc.) Note those areas for yourself on how you process your emotions.

2. How did you feel when you moved to the second part of the exercise when you thought of your Biggest Problem? What was the immediate “problem” that came to your mind? Did you feel any specific sensations in your body? (i.e.: rapid heartbeat, a feeling of warmth coming up your body, etc.) Note those areas for yourself on how you process your emotions.

3. How did you feel when you moved to the third part of the exercise when you thought of your Biggest Problem Solved? Did you feel any specific sensations in your body? Note those areas for yourself on how you process your emotions.

4. How did using drawing as a way of processing your emotions affect you? Would this be an exercise that you will use in the future? Why or why not?

About Sharon:

Sharon J. Burton is an artist, art curator, poet and creative life advisor and Founder of Spark Your Creative based in the Washington, DC area. She is a visual artist whose preferred medium is collage and mixed media and has exhibited her art in galleries, art venues and other settings across the country since 2007.

Since 2017 she has focused on helping people at midlife in "creative recovery"...those looking to revive, or jump start their creativity through workshops, her blog and as the host of Spark Your Creative Podcast which features artists and other creatives who are using their unique talents to create more mindful communities and a safer world.

Sharon holds a Bachelor of Science in Business Administration and a Master of Public Administration. She received her certification in creativity coaching from the Creativity Coaching Association which she is a member. Sharon is also a certified Divine Sleep Yoga Nidra Guide. She completed requirements for the professional certificate in Art Business from New York University as of 2013 and a certificate in Art History through the Smithsonian. Sharon is also a Level II, Reiki Certified practitioner and received her Breathwork + Meditation Teacher Certification from the Faith Hunter Wellness Academy. Sharon infuses her creativity coaching with wellness practices to help her clients break through the blocks that prevent them from fully engaging in their creative potential.

Sharon has an art practice in suburban Maryland, outside of Washington, DC. When she is not working or creating, you can find her hiking in the forests along the East Coast or indulging in Artist's Dates to museums, cafes or spending quality time with her calico cat, Athena.

Contact Sharon:



sparkyourcreative.com



[@sparkyourcreative](https://www.instagram.com/sparkyourcreative)



[@sparkyourcreative](https://www.facebook.com/sparkyourcreative)



[@spark_create](https://twitter.com/spark_create)

About Artis:

A Washington, DC native, Artis has lived a rich life as an independent interdisciplinary artist and educator, teaching and performing tap dance & percussion in the U.S. and abroad, producing & directing numerous residencies and performances; teaching visual & language arts; and working as a photographer, writer, & editor. During this time, she has also worked with a range of mindfulness and meditation disciplines and is thrilled to be fully on her path in the healing arts.

Artis earned a BFA in Fine Arts from the Corcoran College of Art + Design in DC, and holds the following certifications - Usui Reiki Master Teacher, Life Coach, Cognitive Behavioral Therapist, BOLD Childbirth Educator, Diploma of Advanced Training from the Center for Mind-Body Medicine, Television Producer through DCTV - and trained in Somatic Approaches to Healing Trauma as well as guiding Yoga Nidra.

Artis currently serves as an Eclectic Soul - an interdisciplinary artist & holistic healing guide through her company The Boundless Life, based in Washington, DC. With meditation, sound healing, Reiki, Transformational Coaching, Cognitive Behavioral Therapy, Somatic Psychology, the arts, and more, she works with multiple complementary modalities in an intuitively customized and holistic way, to offer deep Restoration & tools for Transformation, provide balance on all levels, to find the practices which resonate with her clients.

During our discussion, we talked about how she infuses her artistic and creative practice through healing arts such as crystal bowls, drums, flute etc. And how the arts benefit wellness practices, as a form of sacred "medicine."

Contact Artis:



theboundlesslife.net



[@theboundlesslife](https://www.instagram.com/theboundlesslife)



[@boundlessvoice](https://twitter.com/boundlessvoice)

Mutant Gifts Live at St. John's

A Performance by

Alison Clancy with cellist
Brent Arnold



Video still from Mutant Gifts, directed by Esteban Haga

Amidst the chaos of recent years, Alison Clancy, like so many artists through the ages, found creative refuge in a Church. She was invited to live as Artist in Residence at St. John's in the West Village of NYC. Inspired by the shimmering acoustics she spent hours deep into the night composing on electric guitar with a myriad of looping and effects pedals. One night she invited cellist Brent Arnold and director Esteban Haga to join her and they created Mutant Gifts; a performance for ghosts.

There's no denying the presence of the setting, no matter one's religious or non religious affiliations, Alison was inspired by the particular depth she could feel in the space.

“A church is a place where people bring the most tender part of themselves: worries, hopes, grief, celebration. I felt the energy of many different people's intentions invested in that space, and I tried to be open to it.”

- Alison Clancy

About Alison:

Alison Clancy is an artist in pursuit of beauty and collective catharsis. Most days start with ballet and end with an electric guitar. She is a Principal Dancer with The Metropolitan Opera and a musician creating guitar-based dream-psyche compositions. She directs experimental projects bridging between the worlds of dance, music, film, photography, installation and somatic study; creating otherworldly environments and exploring our humanity in relationship to them.

Contact Alison:



alisonclancy.com



clancy.alison@gmail.com



[@_alison_clancy_](https://www.instagram.com/_alison_clancy_)



[@alisonclancy](https://www.facebook.com/alisonclancy)

Mutant Gifts / INSTRUCTIONS

This is a sonic and visual experience. To allow yourself to enjoy the maximum impact, please take a moment to do the following before you start the video:

1. Locate your best speakers or headphones and connect to your device.
2. Make the video full-screen.
3. Press play and enjoy.

Reaction Space

A large, empty rectangular box with a thick black border, intended for students to write their reactions to the video.

Reflection Question:

How do the images speak to the music, and vice versa?

Art and Catharsis

A Conversation with Denise Wolf

Denise Wolf, credentialed and licensed art therapist, identifies the function of catharsis in both the viewing and creation of artwork, drawing on her more than 20 years of clinical practice and contemporary research. Art therapists are primed with the knowledge of how the aesthetic experience of both viewing and creating art creates psychological and physiological change that supports emotional integration, catharsis, and resilience. The word catharsis is derived from the Greek word kathairein, meaning “to cleanse, purge”. Through cognitive and emotional processes activated in viewing art, we “purge” or release our diffuse emotional tensions. Denise begins this talk with a brief overview of the psychological theories that underpin art therapy practice. From here, Denise discusses the function of museums as repositories of both memory and contemplative dialogue drawing on her experiences as a trauma-sensitive consultant for the Philadelphia Museum of Art. In conclusion, the how and why of cathartic experiences in response to viewing art will be examined, informed by foundational theories of psychoanalysis and sublimation, the psychological process of transformation.



IMPLEMENT Denise’s Techniques:

“Art is a therapeutic medium that can help guide, exhort, and console its viewers, enabling them to become better versions of themselves”

- De Botton, A., & Armstrong, J. (2013). Art as therapy. Phaidon Press.

DeBotton identifies the Seven Functions of Art as ways we can deepen our own human experiences towards growth, connection, and resilience. An object of art can range from a highly regarded painting in a museum to a beloved family quilt passed down through generations. Take time to sit with these objects. Notice what you're experiencing. Make time to be fully engaged in any of the functions listed below.

1. **Appreciation:** Art helps us to revisit the value of ordinary things like the stunning splash of morning light on the hardwood floors, or the nostalgia of old cassette tapes. Art embraces appreciation.

2. **Growth:** When we see an image or sculpture that symbolizes something we have not experienced we can take time to “feel into it” and connect. Art promotes self-growth.
3. **Self-Understanding:** Art helps us to complete our own developing thoughts and ideas. We may have an “a-ha” moment when we stand before an artwork that encapsulates a state of being that we could not previously express. Art circumvents the verticality of words.
4. **Rebalancing:** Modern daily life often means shifting from one event to the next, and endless series of tasks, moving through emotions quickly to complete our to-do lists. We gain balance through art by taking time to observe, judge, and appreciate in ways that we don’t normally see or give ourselves time to respond. Art reminds us we are human *beings* not human doings!
5. **Memory:** Art distills an experience or idea, not a summary. It spotlights what is the most memorable, recording and preserving feeling states.
6. **Hope:** Art that we find beautiful can foster tears of joy. Experiencing the full depth of joy, hope or beauty encourages us to find those same qualities within ourselves.
7. **Sorrow:** Art not only increases our capacity for joy, it welcomes our sorrows as well. Art offers another lens to consider our own sadness, to “invite it in for tea” and befriend it for a bit.

Reaction Space

Contact Denise:



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<https://orcid.org/0000-0002-7479-4662>

Using Art Events to Connect Communities

A Workshop with

Lisa Rasmussen and
Lauren Sharpton



The Co-founding Directors of the 501(c) (3) Non-profit organization Art is Moving will share their mission as artists to use art to generate lifelines of connection and community and how they create arts based projects from the beginning idea to a full sized global event.

This workshop will combine visualization art breaks with practical application guidance to aid participants in the steps needed to turn a community art project dream into a reality.

Supplies List:

- Sketchbook/Paper (2 pieces)
- Something to draw with: pencils, pens, markers, crayons, watercolors, etc.

Reaction Space

Reflection Questions:

1. Did your visualization art break help you discover something new about your wants, desires, and passions?
2. How did confronting your limiting beliefs feel? What can art do to help you work through those limiting beliefs in order to create a mindshift so you can manifest your community art event dream?
3. Write down the next 3 goals (with deadlines) you have to meet in order to make your community art event a reality.

Take it a step further

Repeat the visualization art break, but this time visualize yourself overcoming those obstacles you uncovered today. Draw it out (no need to be representational, you can just create a feeling with color, gesture, etc.)

Timeline Checklist for your Community Art Event

After dreaming big, creating visualizations, uncovering your internal and external limitations, and getting pragmatic, it's time to make that final plan. Use this checklist to stay on track and make your amazing community art event happen!

At least 9 months before your event:

Find a Space/Get a Permit/Look for Sponsors

Your chosen space will influence your permit needs and your sponsorship opportunities. For example, if you have a local non-profit art organization in your community, you may want to suggest the event or project to them and see if they want to sponsor the event or have tips on who to approach to get sponsorship. OR, perhaps there's a local company that you can pitch the idea to offer the event to their employees and have that business sponsor the event and pay for the supplies needed and your time. Neither of those types of events would result in a need for a permit. But, if you decide to host the event on your own and seek other types of sponsorship, then a permit is most likely going to be necessary.

Permits can range from \$100 to \$5000. Most cities will require that you purchase a permit. To cut your own costs, consider working with a neighborhood association, community benefit district, or local non-profit who already has a relationship with the city and may be able to waive the permit fee or use a permit they have already established.

The key to finding sponsorship is to use the route the intended sponsor asks you to use. That can usually be determined by looking on their website, stopping by the local establishment and asking, or by making a phone call. This could be an application you fill out online, a donation request letter you mail or drop off, or a simple phone call. The key to getting some sponsors is to follow up. Emailing someone once is most likely never going to result in sponsorship. Keep following up until you get an actual "No" as a response.

At least 6 months before the event:

Get Volunteers

The first place to start is to ask your family and friends. After that, check in with local high schools and colleges to see if they have any clubs that focus on volunteerism and pitch your event to them. You can also reach out to local non-profit organizations and ask them for connections or a larger corporation in your area that might have a group of employees that want to volunteer.

Gather Supplies

We suggest starting this process sooner as opposed to later because you may be able to get your art supplies donated by making phone calls to local businesses and applying to grants online.

3 months prior to your event:

Spread the Word!

Call, email, and stop by as many of your local businesses as possible. Tell them about the event, give them a flier and ask for them to spread the word. If you have a Chamber of Commerce use them as a resource to start a list of businesses to tell about your event.

Press Release / Keep your press release under 1,000 words and make sure it includes the key details about your event including the name of the event, the date, time, and location. The Headline needs to stop a journalist in their steps, so make sure it's captivating and attention grabbing in a good way. Don't forget to mention your awesome

sponsors and partners helping you make the event happen. Next, find out who writes about events similar to the one you have planned and figure out the best way to get them your press release. There's never any harm in following up an email with a phone call. Keep following up until you hear an actual "No." No response is not a No, it's still an opportunity. Don't limit yourself to local newspapers either. See if there are any websites that write about your community and send them your press release.

Calendar Postings / Event calendars usually want descriptions to be less than 500 words. The name of your event and headline become extremely important in a Calendar Posting because most people will only see those words. Create a spreadsheet of all the local calendar listing websites so you can keep track of when and where you submit. Write a template version of a calendar posting including all relevant information so you have it on hand and easy to copy and paste into each submission. No need to write the same thing over and over again! You may have to make minor changes for each calendar, but if you have the template to work with it will make the process more efficient.

Hang up Fliers and Hand out Postcards in Public Places / While you are walking around introducing yourself and your event to local businesses search for places that will allow you to hang up a flier or leave postcards. The postcards can be made with printer paper and cut into quarters.

Social Media / Create a placard to use on each of your social media platforms and send an email to your family and friends and ask them to post it on their platforms as well. There are many different ways to engage with social media from going live, creating videos, stories, reels, etc. The most important thing to remember is to be authentic and put your energy where your passion flows. Find groups you think would enjoy your event and ask the administrator if you can post. Asking never hurts.

Tell your friends and family / Friends and family are always the first group of people that support a new event. You can count on them to be there to support your idea. Ask them if they have ideas on how to spread the word or if they know someone that might be interested in writing about the event. Write them an email about the event and ask them to forward that email to their friends.

On the day of the event:

Celebrate and Document!

Take lots of photos and post to your socials during the event. Imagine that you'll be writing a story about the event later and gather quotes from participants and capture images that are compelling for that story. Your event is a great place to make new connections for future events! So, gather contact information from as many people as you can and hand out your own business card or flier to them as well. Write a personal reaction to the day as soon as you get home. You'll be exhausted, so let it be a stream of consciousness. You can pick the best parts later to include for reflection posts and marketing efforts for future events!

After the event:

Say Thank you!

Relationships are a vital part of making your community art events a success and a continued part of your community's calendar of events. Make sure you send thank you notes (personal cards are great!) to all of your sponsors, partners, volunteers, etc. Share some highlights from the event and get them excited to plan and participate in another one!

Contact Art is Moving:



artismoving.org



takeanartbreak@artismoving.org



artismovingorg



artismoving



artismoving



company/art-is-moving

Using art as a source of camaraderie and renewed sense of mission for Veterans

A Conversation with Daryne Rockett

This conversation will highlight the ways that the Bangor Vet Center adapted its art program during the pandemic to bring people together while maintaining physical distancing and safety. We'll share communal art projects that were co-created by passing elements along to one another between group meetings. We'll discuss the importance of camaraderie to Veteran wellness and the ways that art has allowed opportunities for our group members to give back to their community and make a difference. Additionally, we'll discuss how artmaking can be an important avenue for increasing a sense of worth and value, improving mental flexibility, and healing from Post-Traumatic Stress Disorder.



IMPLEMENT Daryne's Techniques:

1. **Get out the invitation to participate.** Encourage everyone, regardless of their artistic ability or level of experience to get involved. Remind your folks that there are no art critiques – this is for getting back to a child-like sense of play and experimentation.
2. **Prepare canvases.** If your group can meet in person, then have one canvas for each participant. If you will be working remotely, then have more canvases than people. We had ten participants to start, so we opted to begin with twenty canvases split into an A set and a B set. On the odd numbered weeks, folks would pick up an A canvas from the entryway to our building and work on it from home. Then on even numbered weeks they would drop off the A and pick up a randomly selected B canvas.
3. **Paint and play!** Each week choose a group of colors for everyone to experiment with. Some examples include: warms, cools, neutrals, blues. Have a prompt or theme for the week, too. These are just a few options: 1. Close your eyes and paint to a piece of music. 2. Grab a container from the recycle bin and use it to make patterns on the canvas. 3. Paint a picture of last night's dinner from memory. 4. Stick-figure self-portrait. 5. Doodle with the pointy end of the paintbrush. 6. Use basic shapes (squares, circles, triangles) to do a portrait of a pet or person. 7. Brainstorm ideas with the group to use for future meetings. Get together in person or over video conference and cover the canvas with your experimentation for the week. Save time at the end of each painting session for participants to show their process art. We always invite people to respond to these two questions: 1.

What do you love about it? 2. What did you learn from your experiments? (e.g. Something that you want to do again, try differently, an unexpected result.)

4. **Pass the canvases.** In-person, you can move the canvases around the room every few minutes and people can keep adding to whatever is already on the canvas. For remote groups, have folks drop off their current canvas and randomly pick up another one to work on the following week. Do at least four weeks of layers to get those canvases completely covered with marks. More weeks = more layers = more interesting!
5. **Select a unifying word to spell out with your canvases.** At the Vet Center, we start and end many of our group meetings by saying, “We can do together what I can’t do alone.” We chose the word TOGETHER for our piece because of its significance to the mission of our organization. We also had seven artists at the end of the project, so everyone would have the opportunity to complete at least one letter.
6. **Look at all the work together.** Line your canvases up in the same orientation (all portrait or all landscape) and look them over together. Decide if any of the letters for your word are already showing up on a canvas in some way. Then assign letters to the rest. Have participants choose the letter they want to finish in their own unique style.
7. **Complete the individual canvas letters.** This might mean emphasizing something that’s already on the canvas with highlights or by toning down the background. It might be using the work done so far as a background for painting the letter in a bold contrasting color. Encourage variety in the fonts and styles used.
8. **Display your word and celebrate your collaboration!**

Reaction Space

Contact Daryne:



va.gov/bangor-vet-center



Daryne.rockett@va.gov



(207) 947-3391

heART Journaling

A Workshop with LJ Boswell

In ways that go beyond traditional written journaling, heART Journaling grew out of LJ's daily spiritual practice of drawing mandalas as a way of processing and reflecting on life. By creating visual representations of their internal state, LJ discovered insights, inspiration and healing.

In order to share this practice with others, LJ developed a 60-90 minute group experience that builds on the power of individual art journaling. Through both a gentle flow and silently witnessing each other, participants access a profound inner wisdom, feel their own story mirrored in others, give and receive support in a way that is a balm from the stresses and pressures of life.

Each group session begins with a simple art warm-up that provides creative inspiration, especially for those who are not particularly artistic. Then participants relax into a guided meditation and the meditative flow of creation with an emphasis on process rather than on producing a piece of art. After journaling, participants are invited to share and to be silently and lovingly witnessed. After a second round of journaling on intentions, prayers and/or next steps each person's wishes are sent off with the collective power of the words "May it be so."



Supplies List:

- Journal or paper
- Any art materials you'd like to work with (this can simply be pen or pencil)



Sample heART Journaling drawings by LJ Boswell

Reaction Space

IMPLEMENT LJ's Techniques:

heART Journaling On Your Own

Quiet your body and mind with a few deep breaths. Sink into your seat and the feeling of being held in this moment.

Think about the following questions:

1. What color, image or phrase describes your week?
2. Recall a moment or two from your week in detail, recall it through all of your senses.
3. Reflect on the rhythm of your week including the small moments that make up each day.
4. After reflecting on your week, is there a new word or phrase to describe it?

When you're ready, look at your paper and art supplies and as much as you can allow the image to create itself. What can you discover? After you feel complete, take in the wisdom of your drawing. Display your drawing as a reminder of what it is you most need to remember.

About LJ (They/Them Pronouns):

LJ is an artist, educator, racial justice activist, interfaith chaplain and spiritual director. They are also a former director of a university volunteer program where they taught leadership, social change, organizational and volunteer management. Through art, creativity, listening deeply and supporting people sharing their authentic selves, LJ nurtures both individual, organizational and collective focus on transformation and wellness. **Feel free to contact LJ** for more information about weekly drop-in **heART Journaling**, LJ's **mailing list**, exploring the possibility of **individual sessions** and **workshops for organizations and groups** that incorporate heART Journaling as a way to collectively reflect on any theme (i.e. racial justice, processing grief, organizational culture, leadership and vision, etc).

Contact LJ:

 spritheals.me  lj@spiritheals.me  [lj.boswell.art](https://www.instagram.com/lj.boswell.art)

Yoga Nidra for Calm and Creativity

A Performance by Sharon Burton

What Is YOGA NIDRA?

Divine Sleep® Yoga Nidra is a guided meditation that has the power to transform, heal and rejuvenate you at core levels. Through the use of body sensing, breath awareness, guided imagery and other practices, you are systematically guided on a meditation journey through each level of your whole being called the koshas.

Benefits of YOGA NIDRA

Transforms Stress Into Healing

Divine Sleep® Yoga Nidra switches you out of flight or fight and into the relaxation response — your body's natural healing state — where revitalization and regeneration naturally occur. Your body knows exactly what to do to attain, and maintain, perfect health and equilibrium, all you need to do is switch on the healing switch. Divine Sleep is the button that can bring you effortlessly, compassionately, and rapidly into relaxation and health.

Find Freedom, Transformation & Connection Within Yourself

Peacefully, Divine Sleep® gives you access to your deeper levels so that you feel connection with your whole self. The world slows down and you take a break from everyday concerns. Limiting beliefs that hold you back from fully living begin to dissolve, leading to freedom within your mind and body. Divine Sleep can open you up to living your fullest potential.

Catch Up On Sleep!

Divine Sleep® Yoga Nidra helps you catch up on lost sleep! 20 minutes of yoga nidra is equated with 2-3 hours of sleep.

How It Can Feel

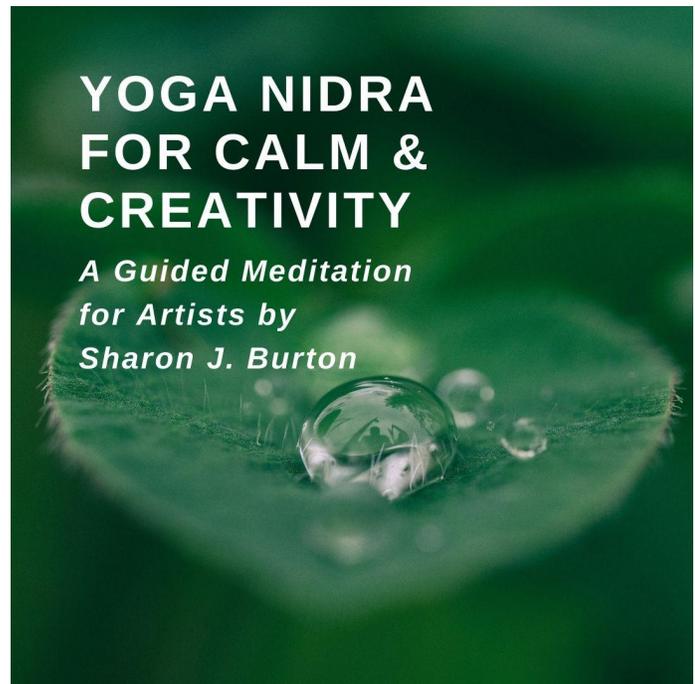
Meditative & soothing, Mind calming, Stress relieving, Heart-opening & cultivates compassion, Relaxing and freeing, transforms negative thought patterns, decreases anxiety and depression, revitalizes energy, **enhances creativity & spontaneity.**

How Does Divine Sleep® Yoga Nidra Work?

While resting, you are verbally guided through body sensing, breath awareness, and guided imagery to systematically bring you into an experience to feel your five levels of being called koshas:

Physical body / Energy-Breath body / Mental-Emotional body / Intuition-Witness body / Bliss body

Each level is a doorway that opens into the next level of being. As you feel each level, they begin to drop into the background to uncover your inner Bliss, inner Healing, and inner Self. In this state of connection within all of your multi-dimensional layers, potent transformation can occur. Divine Sleep® Yoga Nidra can bring your mind into its healing, restful state suspended between being awake and asleep where you can receive the ultimate power-nap that goes well beyond normal sleep.



Steps for a Peaceful Yoga Nidra Practice:

1. Create a Relaxing Space

Ensure the room is free of distractions, cell phones switched off, etc. Dim the lights or use an eye pillow (more on that later). Make sure you will not be disturbed for the next 30 or more minutes. Bring aromatherapy into the space with incense or essential oils. Do whatever you need to do to get comfy. It is recommended to use ear plugs to listen to the yoga nidra practice if possible.

2. Use Blankets, Pillows, or Yoga Props

Yoga props like a bolster or yoga blocks help the body settle into a relaxed state. A bolster, thick pillows or blocks beneath the knees, allows the pelvis to tilt and the lower back to lengthen in a relaxed way without the body having to consciously move. Eye pillows help lessen natural or artificial light in your space. If you don't have these props, pillows, blankets and meditation cushions can do the trick.

3. Get Into "Savasana"

Lie on your back with legs extended by your sides, palms facing up, fingers relaxed and shoulders away from the ears. If lying on the floor is not preferable, you may consider lying on a sofa, bed or sitting in a chair or meditation cushion. If you are sitting on a chair, allow your feet to rest on the floor, arms resting either on your thighs or arms of the chair. Take a deep breath in, filling your lungs, and relax. Make sure your head, neck and spine are in line with each other. Allow your entire body to relax— from your forehead down to your feet – let everything soften and sink into the mat, blanket, etc. Ideally you want to close your eyes or use an eye pillow, but if you are not comfortable doing so, let them rest at a point directly in front of you with a soft gaze.

Reflection Questions (After Practice):

How did you feel after your yoga nidra practice?

Did you set an intention for your creativity or creative practice?

How do you feel about rest? How does rest compliment your art or creative practice?

How can you use this practice to compliment your art and creative pursuits as a means of self care in the future?

Source: Divine Sleep Yoga Nidra by Jennifer Reiss, jenniferreisyoga.com

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Creating Therapeutic Artifacts in a Healing Environment

A Workshop with Jesse Hunt

Jesse Hunt is a Recreation Therapist who has more than 12 years working in the mental health field. He is also a lifelong artist and brings that passion to work. Jesse is currently trying to establish a Non-Profit called Wellness Art Club and is looking for like-minded people to get this up and running in the cities they live in.

In this workshop, I will define "Therapeutic Artifact" and share some anecdotes and stories about how I came up with this term. I will also share my ideas on how this practice can be an influence for good in the world, especially when we create them with and for others. I'll introduce a few prompts to ignite some creations and we will share them with one another and discuss them as a group.

Supplies List:

- Sketchbook/Paper
- Something to draw with: pencils, pens, markers, crayons, watercolors, etc.
- Ruler
- An image or object you like

Reaction Space



IMPLEMENT Jesse's Techniques:

Create a self-reflection abstract art piece

1. Think about a recent news event that is bothering you. What's the overall theme of this problem?
2. Write about this event for a few minutes. What's a solution? What can be done? Try to write without censoring yourself.
3. Think of an image. It can relate to news events or be random. I tend to lean towards something that symbolizes the problem or the people it may represent.
4. Draw this as an abstract or literal drawing in the middle of a page.
5. Read your uncensored writing and pick a few highlights to write around the drawing.

Another way to self-reflect

1. Draw a square on your page to serve as a thumbnail.
2. Think about something you feel is important and write, uncensored about it on the back of the paper.
3. Flip the paper over and sketch a rough image to symbolize this topic or idea.
4. Write words from your writings to accentuate the image.

Jesse's Artist Statement:

There is something about people that inspires me. I think it's the dormant stories that we each possess. For me, I love looking for and discovering memories from the past. When I see a box of photos in an antique store, I get a rush. When I see a rugged landscape, it is exciting. It's like a small conversation with something from the past. It whispers to my soul, "bring me back to light."

In this conversation, the past feeds my soul, showing me what's most important; my soul in turn feeds the past. As the past feeds me; my soul tosses it around within me, I learn something. The past comes out from within; I share the past back to the universe. Keeping a lost memory alive.

Anyways, this interaction with the past isn't with another person, but the memories and artifacts they left behind. It's a small interaction with the universe, and the memories left behind within it. It's the images of others that inspire me to create.

My heart is turned to them, so I feel their hearts are turned to me. My artist's journey is to help bring life to the past. It is to tell a story again so it can be carried by others. These voices from the past, help me to become more aware of myself, and ask, "What am I making of my own life?"

I create these memories, hoping to become open to the present. Open to others around me who also have volumes to speak. As an artist, I hope to do justice to those who allow me to share their story.

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Nurses Guild

A Conversation with Mary Rockwood Lane

Imagine what might happen if nurses saw themselves and embodied themselves as artists.

About Mary:

Dr. Mary Rockwood Lane is an educator, nurse, visual artist and visionary whose life is dedicated to the practice of arts for personal wellbeing. She is an Associate Professor at the UF College of Nursing where she teaches Creativity and Spirituality in Healthcare to undergraduate and graduate students.



In 1991, she co-founded the artists in residence program by pioneering the integration of artists, musicians, dancers, writers and performers at the bedside in critical clinical areas. Her innovative vision led to the development of weekly artists' rounds which formed the foundation of practice that has supported the many artists working in the hospital, and acts as a model for other arts in health programs internationally. In addition, Mary's focus on the arts for personal well-being has provided transformative experiences for countless individuals seeking a better connection to their own inner artist.

Mary is core faculty within the UF Center of Spirituality in Health.

She has written many articles in nursing and medical journals, has authored six books on arts in healing and is a recognized leader in the field.

Contact Mary:



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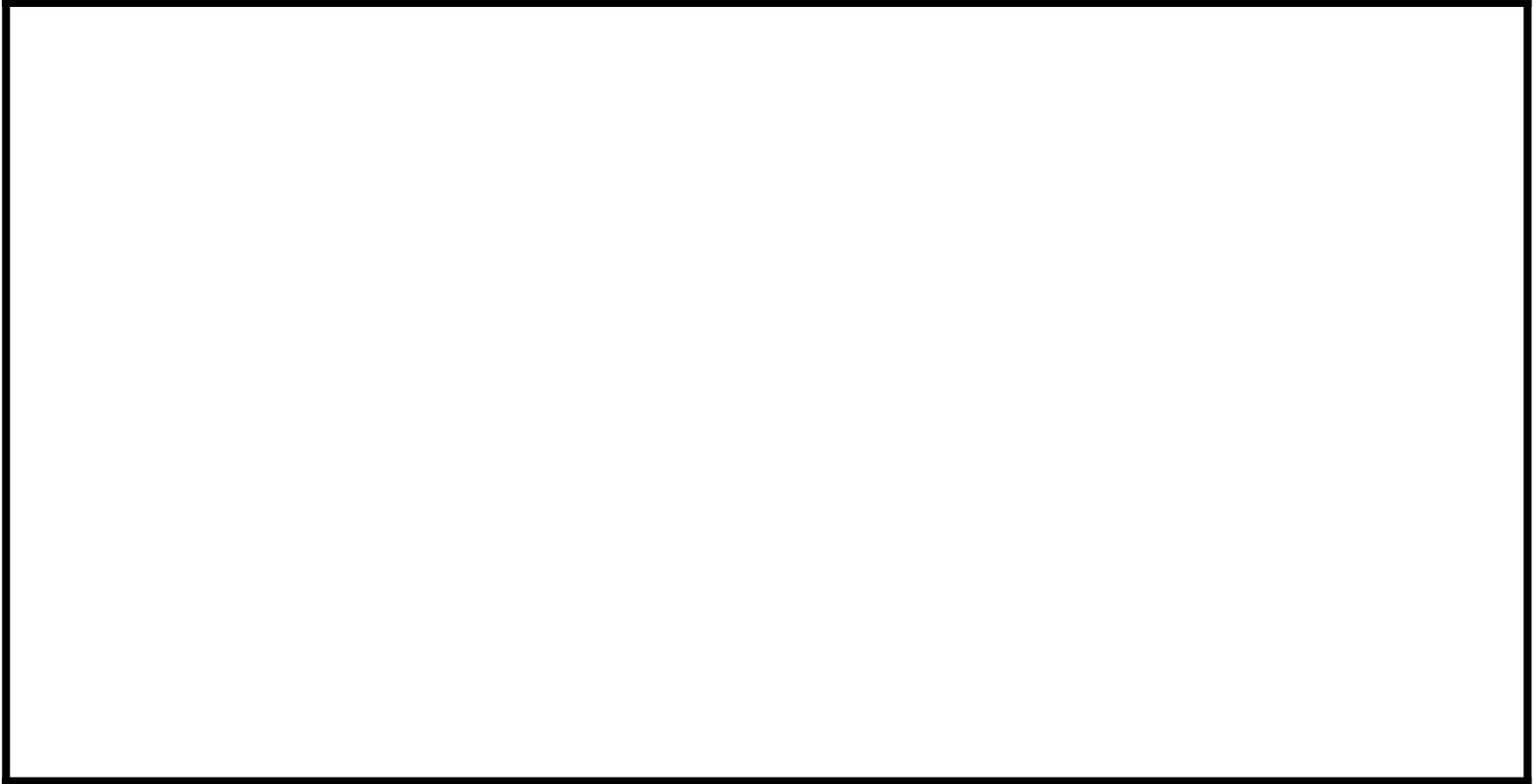


nursesguild.com



mary@nursesguild.com

Reaction Space



Reflection Questions:

Write down 3 things that excited you during this conversation.

How can the topics discussed be transferred to your daily life, work, or practice (even if you aren't a nurse)?

Take an Art Break!

Here are several more ways (thanks to this year's presenters!) to make art a part of your daily life and use art as a lifeline.

- Find an image you have a strong response to; attraction or repulsion. Sit with the image. In what way does being present with this image offer you an opportunity to rebalance yourself, to connect with what is missing or left out?
- Take a private moment, and locate a space where no one can hear you. Experiment with finding a way to make a consistent sound. It could be a rhythm or a drone. You can do this by simply tapping on a table, using a singing bowl, bells or chimes, or if you have access to an instrument you can just hit one note over and over again. Once you've found your rhythm, let yourself talk out loud or sing along with the rhythm. Think of it as a verbal diary or free association writing. Try not to judge anything that comes out, just enjoy the ride of experiencing what is coaxed from the depth of your being by the pulse of the noise.
- Trace the outline of someone's hand. Perhaps this is someone who has given you a hand in some way or been a lifeline to another person or their community. Fill in the hand with tangled patterns and then add color or shading. Present your completed work back to the subject and let them know how they've helped.
- Make a visual timeline of the past week, month or year using different lines and colors to represent the flow of your life.
- Draw what might represent a quiet line, a loud line, and a dancing line. Write down an emotion that you are feeling. Draw a line that might represent that emotion. Fill your page with similar lines. (source: The National Gallery of Art)
- Find some paper and drawing material. Think about your station in life and draw a tree to represent it. Think of the many different types of trees and the elements of a tree. You might want to consider a season, its root system, its foliage, its ability to bear fruit, and its usefulness in the world. There is no right or wrong way to do this. (source: arttherapy365.com)

Thank you from Art is Moving

Dear presenters,

Our deepest gratitude to you for putting in such an amazing effort to make the Take an Art Break Symposium: Art is a Lifeline such a wonderful experience. Your willingness to dedicate your time, your technique, your art, and yourself in order to serve others is admirable. We hope that this symposium served as an opportunity to grow, learn, and share in order to create connections and future collaborations. We look forward to working with you again soon.

Best,
Lisa and Lauren

Dear participants,

Thank you for joining this year's symposium. We hope that you walked away from your experience feeling inspired, encouraged and empowered to create a new art lifeline in your own daily life or in the pulse of your community. We appreciate you trusting us with your day and hope to connect with you again soon to have another wonderful conversation about art or discuss future collaboration ideas and opportunities.

Best,
Lisa and Lauren

Let's do this again soon!
We CAN and WILL with your support.

With your donation, Art is Moving can make our symposium an annual event full of art, connection, conversation, collaboration, and so much more!



Donate online: paypal.me/artismoving

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