



FEBRUARY 2022, ISSUE 15



# ARTSY & ME

*Adaptive, Restorative, Trauma Informed, Specially Sequenced  
Yoga & Music Education*



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## **MIDWEST BAND AND ORCHESTRA CLINIC**

Artsy & Me ended 2021 on a high! From December 14 - December 18 we were able to exhibit (for the first time in-person!) at the Midwest Band and Orchestra Clinic.

We collaborated with [Global Music Concepts](#) and [Gontier Music](#) (to learn more about these companies, see the newsletter from December). Together we were able to make connections, learn about the developments in music education, and expand on our ideas. Just a few highlights included: social-emotional learning in the music classroom, hearing the newest compositions for bands, learning about the interest in yoga for musicians.

Now, a little over a month later, we are able to make fruitful connections with the people we met at the clinic. Stay tuned in our upcoming newsletters to learn about our physical, emotional, and social growth and teamwork.



## DECEMBER 3

Last newsletter, in December, we mentioned that December 3rd is marked as "the International Day of Disabilities".

In this issue, we would like to support the movement that encourages this day to be called: "Enable Day".

Some people might wonder: "is there a difference"? This answer lies in the definition of the words. *Enable* gives the connotation of capability and use; while *Disabled* means incapability and not useful.

The use of words can make a difference in how we integrate and invite everyone in to part of everyday aspect of life, whether economical, political, social, culture and other.

We hope that you were able to celebrate and recognize this day through forums, discussions, plays, fundraisers, or more!

## POSE OF THE MONTH

### Tree Pose Vrikshasana

#### Benefits:

- Help stretch and strengthen the ligaments and tendons in your feet
- Improves balance
- Provide stability to your groin, thighs, hips and pelvis.
- Strengthens core
- Improves posture

#### Step-by-Step:

- Feel both feet on the floor and distribute your weight equally on all four corners of each foot.
- Shift your weight into your right foot and lift your left foot.
- Keep your right foot straight, but do not lock the knee.
- Bring your left foot high onto the inner right thigh.
- Keep your hips square and equal.
- Focus your gaze to help your balance.
- Take 5 to 10 breaths before changing sides.



## MUSIC UPDATES

More and more concerts are happening in person again. We encourage everyone, musician or avid music supporter, to check out their local performances spaces for upcoming concerts.

Are you not quite ready to go out with the crowd just yet? There are also many online performances, and podcasts, which can be explored from the safety and comfort of your own home.

This month we recommend: [The Music Ed Tech Talk from Christopher Bill](#).

During this podcast, Christopher Bill talks about musicianship, hardware, software, and creative process behind his inspiring YouTube videos.

While on the channel, we encourage you to listen to the others too and share your favorites!

## MONTH OF FEBRUARY

In December, we had the chance to have our first in-person exhibition at the Midwest Band and Orchestra Clinic. Hopefully, in February we get to host our first international in-person workshop with the high school band at the American School of the Hague.

As long as we can guarantee safe travel, we look forward to spending three days with the high school musicians. During our time together, we will tune in to our physical, emotional and social well-being. We will have exercises for the individual, section, and ensemble. Hopefully, each member will feel closer to themselves and the ensemble - and gain ideas on how to continually develop this approach in individual practice.

Hear about the experience in the next newsletter!



## **JOURNAL PROMPT OF THE MONTH**

PURPOSE:

Being grateful for others and yourself

Everyday, reflect on how a person has positively impacted your day.

Everyday, reflect on how you have positively impacted someone else's day.

## **SOCIAL MEDIA CHALLENGE**

PURPOSE:

Celebrate and compliment your friends throughout this month!

Post a picture/video/story to celebrate your friends  
#artsyandme



## DEAL OF THE MONTH

PURPOSE:

Celebrate "Make a Friend Day" and "Valentines Day:

Register for a single class, and bring a friend for free!  
Use: Friend2022!

## CHERRY BREAKFAST BARS

The month of February stands in the awareness of cherries and hot breakfasts. With this in mind, we wanted to dedicate this months recipe to both these ideas!

Preheat the oven to 350F/180C.

Line an oven baking dish with parchment paper and grease with coconut oil.

In a large bowl, mix 1.5 cups/120g rolled oats, 0.5 cups/75g flour, 0.5 cups/50g brown sugar, 1/3 cups / 43g almonds, and 1/4 teaspoon baking soda. Pour 1/3 cups / 72g melted coconut oil over the mixture and stir until the mixture is well coated.

In a separate medium-sized bowl, combine the 2.5 cups/475g pitted and chopped cherries, 2 tablespoons lemon juice, 1 tablespoon maple syrup and 1 tablespoon cornstarch. Mix well.

Measure 1 cup/85g of the oat mixture and set aside. Using your hands, spread the remaining mixture onto the bottom of the baking dish. Pour the cherry filling over the oat mixture, using a spatula to evenly spread and fill the corners. Evenly crumble the remaining oat mixture over the top.

Bake for 30 minutes or until the top begins to turn golden brown.

Enjoy!



## UPCOMING EVENTS

February:

- 1: Dark Chocolate Day
- 2: Ukulele Day
- 4: World Cancer Day
- 4: Give Kids a Smile Day
- 6: Time to Talk
- 6: Pay a Compliment
- 7: Send a Card to a Friend
- 8: Safer Internet Day
- 11: Make a Friend Day
- 14: Valentines Day
- 17: Act of Kindness
- 18: Caregiver Day
- 19: Mint Chocolate Day
- 20: Love Your Pet Day
- 21: Family Day
- 22: Be Humble Day
- 22: Thinking Day
- 26: Tell a Fairy Tale Day
- 27: Protein Day
- 28: Rare Disease Day

These are just a few national holidays that can relate back to the mission of Artsy & Me.

Post your experiences of these days, or others, using #artsyandme!

## SCHEDULE UPDATE

### VINYASA FLOW YOGA

- Every Tuesday
  - Amsterdam = 7:30 - 8:30PM
  - Central Time = 12:30 - 1:30PM
- Every Wednesday (in person)
  - Oslo = 8:00 - 9:00PM
- Every Friday
  - Amsterdam = 4:30 - 5:30PM
  - Central Time = 9:30 - 10:30AM

### HATHA YOGA

- Every Friday
  - Amsterdam = 7:00 - 8:00PM
  - Central Time = 12:00 - 1:00PM

### CHAIR YOGA

- Every Tuesday
  - Amsterdam = 9:00 - 10:00PM
  - Central Time = 2:00 - 3:00PM

### RESTORATIVE YOGA

- Every Wednesday
  - Amsterdam = 9:15 - 10:15PM
  - Central Time = 2:15 - 3:15PM

### YIN YOGA

- Every Friday
  - Amsterdam = 8:30 - 9:30PM
  - Central Time = 1:30 - 2:30PM

Interested in a yoga class that is not scheduled? Contact us to see the upcoming possibilities!