



MARCH 2022, ISSUE 16



ARTSY & ME

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



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MUSIC IN OUR SCHOOLS MONTH

Can you believe that it is March again? Where has the year gone!?! Last year, we used this month to promote our music services. This was done by posting three videos a day, to promote music activities for young children.

All of these songs/rhymes/dances are still available on our [FaceBook](#), [Instagram](#), and [YouTube](#) pages. Throughout this month we encourage you to revisit these fun clips! Note, on YouTube the videos are organized in playlists by age.

Exposing children to music has many benefits. Here are just a few:

- improves sensory development
- improves literacy skills and vocabulary
- encourages math skills
- helps improve mood and process emotion
- improves coordination and gross motor skills
- builds social skills
- Recognition of international mindedness



OLYMPICS AND PARALYMPICS

The 2022 Olympic Games have just come to an end. But the 2022 Paralympic Games are just around the corner - starting on March 4!

Did you know that the athletes of these games practice self-care in order to build on their success? They actually make it a vital part of their training!

Some ways in which the most successful athletes practice self-care, are activities close at heart to Artsy & Me. These include:

- Mindfulness
- Deep-stretch exercises
- Music Listening
- Visualization
- Journaling
- Proper Sleep
- Deep-Breathing
- And more!

Do you need some help to make these self-care exercises part of your daily routine? [Contact Us!](#)

POSE OF THE MONTH

Camel Pose Ustrasana

How to Practice:

1. Come to your knees, with your legs hip-width apart. Keep your hips over your knees and squeeze your thighs toward each other.
2. Reach your tailbone towards your knees on an inhale.
3. On another inhalation, lift your sternum and draw your elbows back, toward each other behind you. This will expand your ribcage.
4. Press the heels of your hands into the heels of your feet.
5. Lift your shoulders. Gently allow the head and neck to extend backward. Gaze at the tip of your nose.

Benefits:

- Build confidence
- Builds the feeling of empowerment
- Improves posture
- Relieves back pain



IN-PERSON WORKSHOPS

This February we were lucky enough to travel to the Netherlands. Over two days, Artsy & Me led an in-person workshop with a High School Concert Band. During our time together we practiced tools to overcome performance anxiety, connect the ensemble, and physically keep our bodies safe while playing an instrument.

Some of the highlights included:

- partner connected breathing
- mindfulness
- visualization
- sound circles
- centering challenges
- trust building exercises

At the beginning of the workshop, students collaboratively worked to find the meaning of social, emotional, and physical well-being. Based on these discussions, all participants set goals that we worked towards. These goals were adjusted throughout the workshop. Hopefully we will be able to come back together soon to develop our practices.

Interested in hosting a workshop, or learning more about it? [Contact Us](#) today!

COMMENTS FROM SOME PARTICIPANTS

"Thank You! These stretches will definitely help out in the future, especially when I get too fatigued, which is often. Connecting so many life aspects with music was very enjoyable" - Sara, Grade 11, Clarinet

"This experience was very enlightening and I plan to implement this to my practice" - Aleksander, Grade 11, Percussion

"This experience was very helpful in teaching me how to stretch and make my playing better" - Max, Grade 9, Trumpet

"Thank you for helping me think about the gesture while I'm playing and my role in the ensemble" - Jinseo, Grade 9, Flute

"I'm happy that people in our band learned about the dangers of tension while playing an instrument. It's great that we were shown ways to develop our breathing and release tension." - Tony, Grade 12, Percussion

"It was a lot of fun, but I didn't like the eye contact during the breathing exercises. Overall a great experience and I think it helped me connect with the members and help improve my posture" - Helena, Grade 10, Percussion

"Thoroughly enjoyed the sound circle. Seeing how we improved in this exercise later on in the workshop was awesome!" - Jurgen, Grade 9, Percussion

"I started feeling tension in areas unknown before now. The stretches are very helpful for my wrists and shoulders. Playing will now be less tense and more enjoyable." - Remy, Grade 9, Flute



JOURNAL PROMPT OF THE MONTH

PURPOSE:

Recognize happiness in the big and little things that happen.

Everyday, reflect on how someone or something has made you happy.

SOCIAL MEDIA CHALLENGE

PURPOSE:

Celebrate music in our school month!

Post a picture/video/story to recognize how music in our schools developed who we are today.
#artsyandme



DEAL OF THE MONTH

PURPOSE:

Celebrate "International Women's Day":

Free Classes on
March 8th!

Use: INTWD22

NOODLE STIR FRY

The month of March stands in the awareness of noodle recipes.

In a medium bowl, whisk together 1/3 cup of soy sauce (can be replaced with coconut aminos), 1/3 cup water, 3 cloves of minced garlic, 2 tbsp of coconut sugar (or 1 tbsp of maple syrup), 1 tbsp of sesame oil, 1 tbsp of rice vinegar, 1 tbsp of fresh ginger, 1 tbsp of sesame seeds, 1/2 tsp of red pepper flakes, and 1/2 tsp of arrowroot starch (can be replaced with cornstarch). Set this aside. This will be your stir fry sauce.

Add 1 tbsp of sesame oil to a large pot. Add half a chopped white onion and two large sliced carrots. Cook for 2 to 4 minutes (until the onions begin to soften). Add the 1 head of broccoli and a red bell pepper. Cook for 6 to 8 minutes, stirring frequently. The broccoli should still be slightly tender.

While the veggies are cooking, make your stir fry noodles according to the directions on the package. Drain and set aside.

Add 1 can/15 oz of drained chickpeas to the cooked veggies. Immediately turn the heat to low and add the sauce. Cook for about 2 minutes until the sauce begins to thicken a bit. Stir in the noodles and possibly add fresh basil and cashews. You may also decide to garnish with scallions and cilantro.

Recipe is for 4 servings.

Enjoy!



UPCOMING EVENTS

March:

- 1: Music Therapy Day
- 1: Zero Discrimination Day
- 1: Share a Smile Day
- 1: Compliment Day
- 2: Teen Mental Health Wellness
- 4: Marching Music Day
- 8: International Women's Day
- 10: International Bagpipe Day
- 12: Plant a Flower
- 13: Good Samaritan Day
- 14: Write Your Story
- 15: World Contact Day
- 17: Awesomeness Day
- 19: Let's Laugh
- 20: International Day of Happiness
- 21: World Poetry Day
- 22: World Water Day
- 22: Diabetes Association Alert
- 23: Chia Day
- 26: Earth Hour
- 27: World Theater Day
- 28: Respect Your Cat
- 30: I am in Control 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!