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ARTSY & ME

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



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OUR STORE!

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During our workshops, weekly classes, and on our social media pages, we slowly started to use our own apparel and accessories. Good news! Now we get to enjoy them together!

When visiting our [website](#) you will see a new tab in the menu bar. This will lead directly to our [store](#). Check out our jackets, hoodies, pens, journals, tote bags, masks, and thermoses! Of course, our collection will grow too!

Contact us if you have questions regarding:

- Currency conversions (all prices are listed in USD)
- Size fits
- Pictures of people using the accessories and/or wearing the clothing
- Special discounts for bulk orders!

Now is the time to show off those good looks!



STRESS AWARENESS MONTH

Stress levels can be high depending on many factors. This can include:

- Current Events
- Family and Friend Situations
- Work Requirements
- And much more!

For stress awareness month, try some of these tips and tricks to calm your nerves. Share your experience and ideas with us. Let's lower our stress as much as possible this month.

- Proper diet (including food and liquids)
- Exercise regularly
- Recognize and note your triggers
- Journal
- Yoga
- Music
- Get fresh air
- Look at your values and set boundaries
- Breathing exercises
- Meditation
- Limit use of technology
- Practice self-care
- Socialize with the "right people"

POSE OF THE MONTH

Easy Pose Sukhasana

How to Practice:

1. Any comfortable cross-legged position.
2. Preferably, slide your shoulder blades back and away from your ears.
3. Possible to use props to help gain comfort.

Benefits:

- Hip Opening
- Calming
- Stretches the Spine
- Increase Energy
- Uplifts Mood
- Improves Digestions
- Better Breathing

This is a pose that is often used for meditation. It also has many modifications that can be personalized to meet your needs. A great pose to support stress awareness month!



JAZZ APPRECIATION

From "Music in Our Schools Month", we go straight into "Jazz Appreciation Month". Here are our ideas on recognizing these events. Stay tuned on our social media pages for more inspiration!

- Select music from an inspiring jazz artist and perform it at your next concert.
- Apply improvisation activities as a warm-up in your rehearsal.
- Perform skits based on jazz artists and its history
- Organize a jam session
- Attend a jazz concert
- Host listening sessions

Some people might say: "jazz is not for me". This month, we encourage everyone to try something new. And who knows what will come out of this! Jazz has so many styles, you might surprise yourself!

STYLES

- Bebop
- Dixieland
- Blues
- Big Band
- Swing

The list goes on!

WORKSHOP VIDEOS

In the last newsletter you had the opportunity to read about our yoga workshop hosted at the American School of the Hague. At that point, you only got to hear about the activities we did and how the participants experienced it. Now we have something better! Today we are publishing our promotional video. Watch it [here](#). And remember, sharing is caring!

Applying social emotional learning in the music classroom is gaining more importance. Students need a safe place to go to, and be exposed to social, emotional and physical well-being.

We, at Artsy & Me, are looking forward to be able to develop these workshops and come to you. Here we practice the exercises with the students, but also teach the directors how to apply it into their everyday rehearsals. [Contact us](#) to learn more and book your workshop.

Also, stay tuned for development with [ArtsEdSEL](#).



JOURNAL PROMPT OF THE MONTH

PURPOSE:

Recognize three dedications of the month:

- Stress awareness
- Volunteer more
- Move when you can

Everyday, reflect on how you can lower your stress level through volunteering and movement.

SOCIAL MEDIA CHALLENGE

PURPOSE:

Celebrate jazz appreciation

Post a picture/video/story to recognize how jazz music is present in your life.
#artsyandme



DEAL OF THE MONTH

PURPOSE:

Celebrate "Move More Month":

Register for one movement class, and get one at 50% off.

Use: MM22

PINEAPPLE UPSIDE DOWN CAKE

Heat your oven to 180C.

Beat 50g softened butter and 50g light soft brown sugar together until creamy. Spread over the base and a quarter of the way up the sides of a 20cm round cake tin. Arrange 7 pineapple rings on top and add 7 cherries in the center of the rings.

Add 100g softened butter, 100g golden caster sugar, 100g self-raising flour, 1tsp baking powder, 1tsp vanilla extract and 2 eggs in a bowl. Possibly add the pineapple syrup from the rings you used earlier. Using a whisk, beat to a soft consistency.

Spoon the mixture over the pineapples until it is level.

Bake for 35minutes.

Leave for 5 minutes and turn it onto the plate.

Don't bake with eggs, sugar, or butter? [Contact Us](#) for baking substitutions. There are lots of options depending on taste and dietary wishes!



UPCOMING EVENTS

April:

MONTH:

- Jazz Appreciation
- Volunteering
- Stress Awareness
- Sexual Assault Awareness
- Move More

1: Perspective Day

2: Autism Awareness

2: Children Picture Book Day

5: International Day of Conscience

6: Walking Day

6: International Day of Peace Development

7: World Health Day

8: Day of Silence

10: Siblings Day

11: Pet Day

14: Look Up At The Sky

21: World Creativity And Innovation Day

22: Earth Day

23: Take A Chance Day

23: Picnic Day

24: International Day of Diplomacy for Peace

28: World Day for Safety and Health at Work

30: International Jazz 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!