



MAY 2022, ISSUE 18



# ARTSY & ME

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



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## NAFME MEMBER

Artsy & Me is very excited to announce that we are now a corporate member of the National Association for Music Education (NAfME). NAfME is one of the worlds largest arts education organizations. It is the only association that addresses all current aspects of music education.

With our membership we get to collaborate with music students and teachers to help find innovative solutions to current issues that are found in the classroom.

Artsy & Me will now be listed in the "Virtual Learning Resources for Music Education", "Music in a Minuet Blog" and "The Teaching Music Magazine". In the near future, some of our work will also be published in these resources! This will allow us to participate in NAfME conventions to bring awareness to programmatic initiatives, once travel becomes easier. We will also be part of the Music Education Roundtable - allowing our voice to be heard.

We are very excited for this opportunity and look forward to our work together with NAfME.



## MENTAL HEALTH AWARENESS

Unfortunately, in many areas of the world, there is still a stigma that comes with mental health awareness. This month, hopefully, we can start breaking this stigma.

In the words of Andre S. Judice "We need to recognize that our psychological well-being is an important part of our own health, productivity, and happiness, as well as the well-being of our communities". Those experiencing mental health issues are deserving of care, understanding, compassion, hope, healing, recovery, and fulfillment. This should be achieved without shame as looking for this help is a sign of strength and not weakness.

What can you do to recognize Mental Health Awareness month?

- Join an event sponsored by NAMI (National Alliance on Mental Illness)
- Create a fundraiser for the cause
- Take time to share your story and listen to the stories of others
- Join the pledge "Stigma Free"

## POSE OF THE MONTH

**Prayer Pose  
Pranamasana**

How to Practice:

There are various ways to incorporate this pose. It is often a centering pose used as part of the sun salutation or as a transition between standing poses. Bringing your hands to heart center, you can stand, sit, be on one leg, or on two. You can add a twist or move into a lunge. The options are limitless!

Benefits:

- Opens up the chest area
- Improves respiratory system
- Improves body posture (especially since it aligns the shoulders)
- Increases hip flexibility
- Improves digestion
- Tones thigh muscles
- Helps to control anger
- Nourishes hip and knee joints
- Helps awaken your spiritual self



## CORRECT POSTURE

Throughout the month of May, we are challenged to look at our posture. Correcting your posture can have many social, emotional and physical benefits.

Here are just a few:

- Improve your breathing
- Increase self-confidence
- Less chance of back pain
- Improvement in mood
- Better digestions
- Improve concentration
- Fewer headaches
- Energy boosts
- Better overall body function as you age.

Throughout this month we will be showing you simple yoga postures that will help improve your posture. We will also be sharing ensemble exercises that can be incorporated in your warm-up to improve playing posture.

With the increased use of technology, especially cellphones, this is an important awareness to keep building in order to prevent long-term problems.

## DAY OF YOGA AND MUSIC

Looking ahead, we want to make you aware of a celebratory day in June. June 21st, marks the international day of yoga. Not only that, it also marks the international day of music. Logically, this will be an important day for Artsy & Me, as they are two activities very close at heart of our organization.

This year, the United Nations has announced that the theme of the International Day of Yoga will be "Benefits of Yoga". Specifically, they will look at how yoga can help in times of COVID-19 as a tool for recovery as well as coping. More specifically, it will look at how yoga can be used to achieve better holistic health in every individual.

The theme for World Music Day will be "Make Music". It is intended that EVERYONE can showcase their talents on this day in order to express the versatility that music has to offer.

In many places, music is considered a method of worship. No wonder these celebrations are on the same day!



## **JOURNAL PROMPT OF THE MONTH**

**PURPOSE:**

Recognize the international day of prayer.

Set an affirmation for the day, everyday of this month. See if you can revisit this affirmation throughout the day.

## **SOCIAL MEDIA CHALLENGE**

**PURPOSE:**

Note your own mental health

Post a picture/video/story to note how you are taking care of your own mental health today.

#artsyandme



## DEAL OF THE MONTH

PURPOSE:

Recognize "Mental Health Awareness Month":

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

Use: MHAM22

## STRAWBERRY CHOCOLATE PARFAIT

Soak 1 cup/150g of cashews for an hour. This is an optional step to make the dessert creamier.

Combine the cashews with 1 cup/110g of strawberries, 2tbsp of coconut butter, 1 tbsp of coconut oil, 5 dates, and 3 tbsp of water. Use a food processor or a high powered blender. Combine until the ingredients are creamy. You can add more water if needed. Place the mix in the fridge.

In the clean food processor or blender, add 4tbsp of walnuts, 2tbsp of cashews, 1tbsp of cacao powder, 1tbsp of cacao nibs, 2 dates, and 1tbsp of pure maple syrup. Process until a chunk crumble is formed. To make it stick together, sprinkle maple syrup on the crumble and process for another 10 seconds.

Remove the pudding from the fridge.

Add a couple of slices of bananas and strawberries to the bottom of a glass. Layer the pudding with the chocolate chunk, and then fresh fruit, until you have your serving size.

Recipe from: Reboot With Joe



## UPCOMING EVENTS

May:

MONTH:

- Teen-Self Esteem Month
- Correct Posture Month
- Mental Health Awareness Month

3: Teacher Appreciation Day

5: Day of Prayer

6: Best Practice Day

7: Fitness Day

10 - 12: Mental Health Days

15: International Day of Families

16: International Day of Living Together in Peace

18: Vaccination Awareness

19: Bike to Work

21: Meditation Day

21: International Tea Day

21: World Day for Cultural Diversity for Dialogue and Development

22: International Day for Biological Diversity

22: Buy an Instrument Day

25: Sing Out Day

27: Road Trip Day

29: International Day of UN Peacekeepers

30: Creativity 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!