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ARTSY & ME

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



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WELCOME BACK

Welcome back to a new academic year! We hope everyone enjoyed the summer holidays and are refreshed to start the new year.

We, at Artsy & Me, enjoyed our summer holiday visiting friends and family in the sunshine. In between our moments of relaxation, we also had time to plan upcoming events and pursue ideas. We are excited to share more details with you in the upcoming weeks. But here are some of the highlights:

- Close contact and development with [ArtsEdSEL](#)
- Collaborations with [El Sistema](#)
- Organization of weekend workshops with [Child At Heart Healing](#)
- Planning for the [AMIS Music Educators Workshop](#)
- Music and Yoga

As you might see with these highlights, our focus this academic year will be to guide teachers in professional development opportunities, in their classrooms, and at symposiums/clinics.



ARTS ED SEL

Last June we mentioned our developing collaboration with ArtsEdSEL. This July we were lucky enough to travel to the Chicagoland area and meet (in person!) with Scott Edgar - the director of practice and research.

During our visit we discussed how music education and physical movement, such as yoga, promotes:

- self-awareness
- self-management
- social awareness
- building of relationship skills
- responsible decision making

Throughout this discussion we developed methods on how to embed this into our teaching. This would have the goal to create a safe environment for our students and make music education relatable as well as promote holistic health.

This year, one of our main focuses will be bringing this knowledge to our teachers through professional development opportunities. Are you interested in learning more about this amazing opportunity already? [Contact Us](#) today!

MUSIC EDUCATION IDEA

Musical Hands

Getting your students to trust each other and connect (especially at a physical level), can take time. Therefore, it is very important to develop a safe classroom environment early on in the academic year - one where they can immediately tell that it is safe to express themselves.

This is a perfect ice breaker activity that can be used for various age groups.

Students trace their hand on any colored piece of paper. In each finger they answer a question. Questions can include:

- What is your favorite song?
- Who is your favorite artist?
- What is a relatable song?
- What is your goal for this class?
- Do you have after school activities related to the arts?

And many more... even non-music related!

Then students can decorate however they would like.

You will love and be surprised at some of the answers. But the best part is to see the students stay after and read each others hands - even ones from other classes. They talk about the metaphor of using a hand rather than another shape. They find connections with other students. They discuss other music types... and so much more. Relationships are built in front of your eyes!



EL SISTEMA

El Sistema USA "is a national voice for the intersection of musical excellence and equity in music education, with a focus on student agency and voice. We are a central resource and dialogue space for music teaching artists, organizations, researchers, educators, policy makers and funders to understand this intersection."

El Sistema and ArtsEdSEL have collaborated with many projects before to promote:

- Equity
- Empowerment
- Excellence
- Impact
- Sustainability
- Joy
- Community

Through music education.

After ArtsEdSEL and Artsy & Me presented their ideas to El Sistema, they were very interested in providing more projects as well as teacher training within various communities starting in Illinois and Indiana.

Stay tuned for more information!

POSE OF THE MONTH

September marks: "Self-Improvement Month". Yoga practice may help build your self-improvement in various ways. One way is taking a moment each day (or even more than one a day!) to stand/sit in Mountain Pose (Tadasana).

HOW:

- Stand or sit with your feet parallel, about hip distance apart.
- Lift and spread the toes and the balls of your feet to gently rock back and forth until you come to a comfortable but strong stand still.
- Allow your shoulder blades to draw towards each other and down the back, away from the ears.
- Facing your palms forward, relax your arms to the side.

BENEFITS:

- Improves posture
- Aligns the body
- Works on building balance



CHILD AT HEART HEALING

Artsy & Me and Child At Heart Healing have been in contact for about a year. This academic year, we are excited to announce that we will be hosting our first in-person workshop weekends.

These weekends will be for students in school years 4 - 6 and 7 - 10. In the weekend there will be elements of drama therapy and music education. Within these two activities, yoga practice will be embedded. No music or drama experience is needed, but of course all experience is welcome.

The workshops will be led by two native English speakers, but one is also fluent in Norwegian. Students of any language background are welcome.

The workshops will take place in Ålesund. Food will be provided. But there will be no accommodation.

More information on content and on how to register will come soon!

AMIS MUSIC EDUCATORS WORKSHOP

Last academic year we had a chance to start presenting in-person. Although we still live in uncertain times, we hope that we can present more in live settings this year. One such occurrence will take place in The Hague, The Netherlands at the Association for Music in International Schools (AMIS) Music Educators Workshop.

At this annual workshop for international music educators, sessions in general music, choral music, instrumental music, technology, curriculum, social-emotional learning, and other current topics will take place.

Below is our workshop description. Hope to see you there in November!

Music students experience a range of social, emotional, and physical challenges. Yoga is an effective tool to cope with these challenges because it addresses all branches in one holistic method. For this reason, more and more professional musicians are incorporating yoga into their practice. This workshop will teach you how to seamlessly incorporate yoga practice into your K-12 classroom and/or ensemble music curriculum, enhancing your students' overall health - ultimately leading to more meaningful music making.



JOURNAL PROMPT OF THE MONTH

PURPOSE:

Recognize Self-Improvement Month

Everyday write (and possibly share) three things that you are grateful for.

SOCIAL MEDIA CHALLENGE

PURPOSE:

Recognize Self-Improvement Month

Post a picture/video/story to note how you are currently minimizing stress in your life
#artsyandme



DEAL OF THE MONTH

PURPOSE:

Recognize the International Day of Charity

Free classes offered
on September 5.

Use: IDC22

MUSIC AND YOGA

Photo credit: UpTown Pilates Studio, Emma Smith.

One of the best gifts in life is to constantly be a student.

A couple weeks ago I had the opportunity to follow a vinyasa yoga class with live music. This was an amazing opportunity to connect your yoga asana with the rhythm of the music. It is truly interesting to note how your breath links to the sound and how your physical feeling can change, or make you more aware of your body.

Taking note of various music timbres and styles, musicians based in Norway are now starting to organize a similar event in Ålesund. Stay tuned as we hope to have our first event by "International Hug A Musician Day"!



UPCOMING EVENTS

MONTH:

- Classical Music Month
- Self-Improvement Month

5: International Day of Charity

13: Positive Thinking Day

15: National Online Learning Day

17: Dance Day

17: Country Music Day

17: Patient Safety Day

21: Gratitude Day

21: International Day of Peace

28: Women's Health and Fitness Day

29: World Heart Day

30: Podcast 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

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!