



DECEMBER 2022, ISSUE 22



ARTSY & ME

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



UPDATES

A DEEPER LOOK INSIDE THIS ISSUE:

- Page 1
Updates
- Page 2
AMIS Workshop
Winter Weather
- Page 3
Journal Prompt
Social Media Challenge
- Page 4
Deal of the Month
Festive Pinwheel
Appetizers Recipe
- Page 5
Upcoming Events
Schedule Update

You might have already noticed, but over the last couple weeks Artsy & Me has made some updates.

WEBSITE

Our website has been updated. You will find more information regarding our Social Emotional Learning Workshops and Yoga for Musicians. As we have developed, these two programs will be the focal point for Artsy & Me.

NEWSLETTER

In order to provide more updates and relevant information, we have decided that from 2023, newsletters will be sent out on a quarterly basis. Newsletters will include updates, lesson ideas, pose of the month, journal prompts, deals, and much more! Expect to receive them in March, June, September, and December. Of course, should updates be relevant, we will let you know through our social media platforms.



AMIS WORKSHOP

Over the last couple of months we have been able to collaborate in person, had booths at exhibition halls, provided in-person and online lessons/workshops. Nearing the end of 2022, we were also able to present at our first in-person conference.

The AMIS Music Educators Conference was held in The Netherlands this year. The event was filled with two days of collaboration and development.

Artsy & Me was able to present to a group of international music educators. At the school we participated in yoga sequences that will enhance social emotional learning in any music classroom. Thank you to all who came and participated!

Contact us today for workshop possibilities!

WINTER WEATHER

Many of us are experiencing winter weather. The cold weather influences our body, which in turn has an effect on our yoga and music practice.

Above all, this year, people are experiencing greater levels of dryness, due to a more vigorous hand washing routine.

Here are some tips and tricks to help you through the winter:

- Pay attention to your diet
- Build a practice routine
- Make sure you get enough rest
- If you can't eat it, don't use it as a skin product!
- Use soothing and hydrating products
- Learn what oils are right for you, by scheduling an Ayurvedic session with Artsy & Me
- Try to avoid extreme temperatures for you and your instrument



JOURNAL PROMPT OF THE MONTH

PURPOSE:

To recognize the month of giving.

Everyday, try to do something special (gift) for a person who you know or is a stranger. Remember that giving does not have to be physical! Reflect on your experience and how it can be developed.

SOCIAL MEDIA CHALLENGE

PURPOSE:

To recognize many different holidays that are found in December. Hopefully we will learn about the various traditions that the community of Artsy & Me practices.

Post a picture/video/story of your holiday traditions.
#artsyandme



DEAL OF THE MONTH

PURPOSE:

Recognize the Month of Giving

Register for a single class, get a second one for free.
Use: GIVE22

FESTIVE PINWHEEL APPETIZERS

Put some flour on your work surface.

Then place about 8oz of crescent dough on it. Roll it out, being careful not to break it as it needs to be one continuous sheet.

Spread a cup of pesto over the sheet and about 8 sundried tomatoes.

Roll the sheet, pinching the ends so that nothing falls out.

Cut the roll into about 8 equal pieces.

Place them on an oven/baking sheet and bake for 12 to 16 minutes (until the edges are golden brown) at a preheated oven of 375F - 190C.

Enjoy!



UPCOMING EVENTS

December:

- All month: Month of Giving
- All month: Human Rights Month
- 2-3: Grief Awareness
- 3: Day of Disabilities
- 3: Make a Gift Day
- 4: National Cookie Day
- 5: Volunteer Day
- 5: Sinterklaas
- 8: Holiday Brownie Day
- 10: Human Rights Day
- 11: Mountain Day
- 11: Holiday Jumper Day
- 12: Health Coverage Day
- 12: Gingerbread House Day
- 13: Violin Day
- 13: Santa Lucia
- 15: Tea Day
- 15: Holiday Cupcake Day
- 16: Chocolate Covered Anything Day
- 18: Bake Cookies Day
- 22: Cookie Exchange Day
- 26: Thank You Note Day
- 27: Make Cut Out Snowflakes
- 28: Call a Friend 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!