



NOVEMBER 2022, ISSUE 22



# ARTSY & ME

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



## **A DEEPER LOOK INSIDE THIS ISSUE:**

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Review

## **REVIEW**

This month we will be re-evaluating the direction of Artsy & Me. During this time, we will promote new classes, workshops, and more. Because of this, we will update our website and social media pages.

So although we might seem silent, we will be doing a lot! Stay tuned with our updates.

In the meantime, revisit our previous activities including, but not limited to,

- Our YouTube Videos
- Our newsletter recipes
- Our journal prompts
- Our social media challenges
- Our poses of the month
- And more!