

# THE JOURNAL

*Modest Fly Art Studio Gallery Quarterly Newsletter*



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MAY 9TH, 2026

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**MFA Wellness** *Exposition*

**SATURDAY MAY 9TH, 2026**  
11AM TO 5PM

A Community Self-Care Day

**CREATE. REST. CONNECT**

PASADENA CONVENTION CENTER  
300 E GREEN ST, PASADENA, CA 91101  
(IN THE BALLROOM)

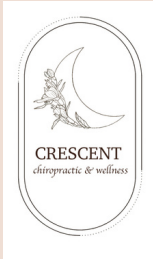
Every attendee must register in advance.  
Limited Capacity

*Register  
Now*





# Thank You Board and Com



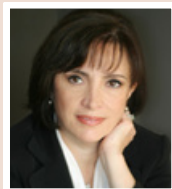
Dr. Gayane Magzanyan and Irma Tsaturyan at Crescent Chiropractic and Wellness represent a powerful team and a true asset to the wellness community. Dr. Gayane's work in chiropractic care reflects a high level of clinical expertise and a deep commitment to restoring alignment, improving mobility, and supporting the body's natural ability to heal. Through evidence-based, patient-centered care, she helps individuals achieve long-term physical balance and overall well-being. Together, they bring a strong, unified presence to the Wellness Expo—grounded in professionalism, compassion, and a shared dedication to advancing holistic health.



Karla Silva's journey reflects how creativity can grow into leadership and meaningful impact. Her experience in media and communications, working with companies like Univision and Sony Music, shows the power of storytelling to shape opportunities and connect people. Through Monarks Strategic Alliances, she channels that creativity into strategy and problem-solving, proving that innovation exists beyond artistic spaces. Her balance of career, motherhood, and community involvement highlights how wellness comes from alignment, where purpose, growth, and giving back all come together.



Angela Kazanchyan's work reflects the connection between creativity and mindfulness. Through Truly Madly Ink, she transforms everyday objects into meaningful pieces, showing how creativity can bring intention and beauty into daily life. Her background in education and counseling deepens this impact, highlighting how creative practices like calligraphy can support focus, patience, and emotional well-being. Her path shows that creativity is not just expression, but a grounding tool that nurtures both wellness and presence.



Isabel M. Sivadjian's work reflects a deep connection between healing, nature, and inner balance. Through her holistic approach, she blends herbalism, nutrition, and emotional support to guide others toward wellness. Her experience with indigenous plant-based medicine highlights how ancient knowledge can inspire modern healing, reminding me that creativity and wellness are rooted in connection—to ourselves, to nature, and to a deeper sense of purpose.



# To Our mittee Members



Celine Navasartian's journey with Modest Fly Art reflects a deep commitment to creativity, community, and wellness. From student to staff member, she manages finances, produces creative materials, and teaches ceramics and crochet. As a certified art therapist and active volunteer, including work with FEMA and other community wellness initiatives, she brings healing, artistry, and care into every endeavor. Her work demonstrates how fostering creativity in oneself and others nurtures emotional well-being, connection, and collective growth.



Sofia Kazorian is a dedicated creative, nonprofit director, and board member of Modest Fly Art, where she has contributed over 12 years of practice and service. She has played a key role in supporting the studio's growth, guiding programs, and fostering a creative, inclusive environment for the community. With a background in Political Science, Sofia brings a strong commitment to advocacy and community engagement. She also serves as a Student Commissioner at Glendale City Hall, supporting arts and cultural initiatives that bring people together. Through her dedication and passion, Sofia continues to make a meaningful impact on both the organization and the broader, wellness community.



Samantha Matara serves as the Nonprofit Program Coordinator at Modest Fly Art, where she plays a key role in developing and supporting youth programs that foster creativity and connection. With a lifelong passion for the arts, including a background in artistic gymnastics and performing arts, she brings energy and compassion to her work with students. Inspired by a strong commitment to giving back, Samantha is dedicated to creating meaningful experiences that build confidence and encourage self-expression, helping further the studio's mission of using art as a tool for growth and community.



Shakeh Tsaturyan is proud to be part of Modest Fly Art's Wellness Expo this year, highlighting the importance of financial health as a key part of overall well-being. Financial stability plays a major role in our daily lives—impacting stress levels, decision-making, and our ability to plan for the future. Bringing her expertise to the event, Shakeh offers valuable insight and guidance to help individuals and families feel more confident and secure. She is also extending this message to her audience within the fast-paced corporate world of business and logistics, encouraging professionals to recognize that true wellness includes financial clarity, protection, and long-term stability.



Sonia Friedman is a holistic healing and mental fitness coach whose life took a powerful turn after overcoming a cancer diagnosis through alternative healing, mindset work, and deep inner transformation. Blending practices like meditation, nature therapy, and mental resilience training, she now helps others reclaim their health, confidence, and inner strength. With a background in marketing and years of guiding her own children through the mental demands of athletics, Sonia brings a unique perspective to both healing and performance. As a Certified Mindvalley Life Coach and Mental Fitness Consultant, she supports individuals and athletes in building resilience, overcoming self-doubt, and stepping into their highest potential.

# An Overlooked Prescription for Happiness

A recent article explores how creativity—often treated as simple entertainment—actually plays a vital role in our overall health and happiness. Drawing on research from Daisy Fancourt, the article argues that engaging in the arts should be considered just as important as maintaining a healthy diet, getting enough sleep, exercising, and spending time in nature.



Fancourt refers to creativity as “the forgotten fifth pillar of health,” emphasizing that activities like crafting, painting, reading, cooking, or attending performances are not just hobbies, but meaningful contributors to both mental and physical well-being. Studies show that even small, consistent moments of creative engagement can reduce stress, improve mood, support cognitive function, and even lower the risk of certain long-term health conditions.

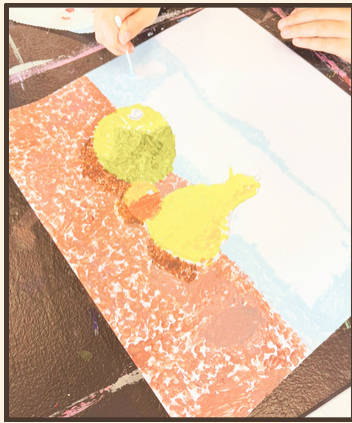


Creativity doesn't have to be expensive or time-consuming—visiting local events, exploring free museum hours, joining a casual book group, or simply trying something new at home can all have positive effects. Just as importantly, skill level doesn't matter. As Fancourt explains, “you don't have to be good at any of these things... all you have to do is take part.”

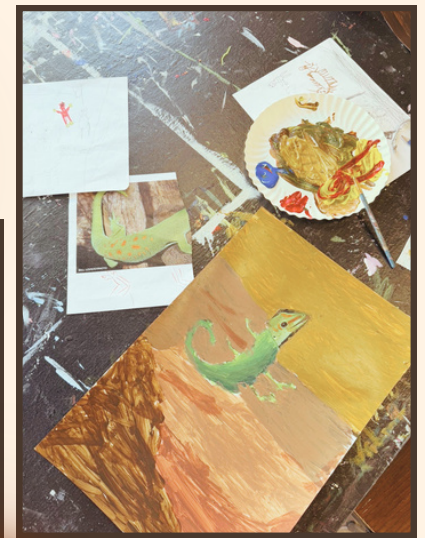


At its core, the article encourages a shift in perspective: to stop viewing creative activities as optional or indulgent, and instead recognize them as essential to a balanced life. In a fast-paced world where productivity is often prioritized, the simple act of making time for creativity—and the happiness it can bring—is something that is frequently overlooked, yet deeply important.

Credit: The New York Times



# Studio



# Time



If you are a part of the PTA, are a TEACHER, or part of the administration at your child's school?

Check this out and please....

# SPREAD THE WORD

## MFA's AFTERSCHOOL ENRICHMENT PROGRAM

### *Fine art* CLUB

LEARN THE FUNDAMENTALS OF ART AT ANY AGE, ANY SKILL LEVEL – EVERYONE IS WELCOME!

OUR FINE ART CLASS IS PERFECT FOR BEGINNERS AND THOSE LOOKING TO BUILD THEIR ARTISTIC SKILLS. THIS FOUNDATIONAL COURSE COVERS THE BASICS AND HELPS STUDENTS GROW THEIR CONFIDENCE AND CREATIVITY IN A FUN, SUPPORTIVE ENVIRONMENT.

### *Creative 3d art* CLUB

LET YOUR IMAGINATION RUN WILD!

IN THIS HANDS-ON CLASS, KIDS WILL EXPLORE SCULPTURE, SLIME, CLAY, GLITTER ART, MOSAICS, AND 3D PAPER MACHE. PERFECT FOR ALL AGES. THIS PROGRAM ENCOURAGES CREATIVITY, FINE MOTOR SKILLS, AND SELF-EXPRESSION THROUGH SENSORY TOUCH, TACTILE ART PROJECTS EVERY WEEK!

### *Expressive art* CLUB

THIS UNIQUE CLASS BLENDS ARTISTIC EXPRESSIVE TECHNIQUES WITH THE HEALING POWER OF ART THERAPY. THROUGH SOCIAL EMOTIONAL LEARNING STUDENTS WILL EXPRESS THEMSELVES USING A VARIETY OF MEDIUMS AND SELF AWARENESS PRACTICES. THEY WILL ALSO COVER MINDFUL AND CALM BREATHING TECHNIQUES TO SUPPORT EMOTIONAL WELL-BEING. IT'S A SAFE AND SUPPORTIVE SPACE TO BUILD CONFIDENCE, EXPLORE EMOTIONS, AND DEVELOP SELF-EXPRESSION.

## 8 WEEK SESSIONS

OPEN TO ALL AGES AND ALL SKILL LEVELS

**BEGINNING FALL 2025**

**\$185/ PER STUDENT PER CLASS**

\*ALL MATERIALS INCLUDED

2PM-5PM (EACH SESSION IS ONE HOUR/ONCE A WEEK)

*10% goes back to  
your school!*



# 3D Art Enrichment Program at Loving Savior Lutheran School



We're proud to highlight our partnership with Loving Savior Lutheran School in Chino Hills, CA. where students are exploring three-dimensional art through hands-on projects using clay, papier-mâché, and mixed media.

Through this work, students are building sculpting skills while developing creativity, patience, and confidence. Each piece reflects their imagination and individuality, making this collaboration a truly meaningful creative experience.



# “GOLDEN SEEDS” SCHOLARSHIP PROGRAM HONORS THE LEGACY OF SEVAK MNATSAKANYAN



At the Armenian State Institute of Physical Culture and Sport, the interview stage and award ceremony of the 4th educational scholarship program named after Sevak Mnatsakanyan took place. Sevak Mnatsakanyan, a graduate of the Institute, president of the “Shvak” National Martial Arts Federation, and a hero of the 44-day war, is remembered for his strength, dedication, and patriotism.

According to the program’s terms, participants had previously submitted documents detailing their academic performance, as well as their professional and volunteer activities, along with a motivation letter. A special selection committee was formed to evaluate the candidates. In addition to representatives of the Institute, the committee included Sevak’s family members, comrades-in-arms, and like-minded friends. Among them were rector Tigran Simonyan, vice-rectors Tigran Petrosyan and Vardan Smbatyan, deans Erik Martirosyan and Artak Stepanyan, Head of the Department of External Relations and Strategic Development Angela Nushikyan, Student Council President Gayane Chiloyan, and program organizer Armine Petrosyan, Director of the “Hay Dzmer Pap” Journalistic Charitable Foundation.



# “GOLDEN SEEDS” SCHOLARSHIP PROGRAM HONORS THE LEGACY OF SEVAK MNATSAKANYAN

Applications for the competition were submitted by students Zhenya Kirakosyan, Armine Khachatryan, and master’s student Anna Avetyan. During the interview stage, participants spoke about Sevak Mnatsakanyan’s patriotic and military contributions and shared their own perspectives on responsibility toward the homeland, as well as the preservation of Armenian values and ideals. Prior to the announcement of results, the students delivered speeches dedicated to Sevak’s life and legacy, expressing deep respect for his sacrifice.



After reviewing the applicants’ achievements, supporting documents, and overall performance, the committee conducted a closed secret ballot. As a result, Armine Khachatryan was awarded 1st place, Anna Avetyan 2nd place, and Zhenya Kirakosyan 3rd place in the 4th Sevak Mnatsakanyan Educational Award Competition.

The program coordinator is Armine Petrosyan, and the sponsor of the educational award is Armenian-American philanthropist Iren Tsaturyan.



# Mindful Laughter



Many people might be surprised to think of laughter as a form of meditation. Yet not only is laughing meditation one of the simplest forms of meditation; it also is a very powerful one. The physical act of laughing is one of the few actions involving the body, emotions, and the soul. When we laugh, we give ourselves over to the immediacy of the present moment. We also are able to momentarily transcend minor physical and mental stresses. Practiced in the morning, laughing meditation can lend a joyful quality to the entire day. Practiced in the evening, laughing meditation is a potent relaxant that has been known to inspire pleasant dreams. Laughter helps open our eyes to previously unnoticed absurdities that can make life seem less serious.

There are three stages to mindful laughter. Each stage can last anywhere from five to 20 minutes. The first stage involves stretching your body like a cat and breathing deeply. Your stretch should start at the hands and feet before you move through the rest of your body. Stretch out the muscles in your face by yawning and making silly faces. The second stage of the meditation is pure laughter. Imagine a humorous situation, remember funny jokes, or think about how odd it is to be laughing by yourself. When the giggles start to rise, let them. Let the laughter ripple through your belly and down into the soles of your feet. Let the laughter lead to physical movement. Roll on the floor if you have to, and keep on laughing until you stop. The final stage of the meditation is one of silence. Sit with your eyes closed and focus on your breath.

Laughter brings a host of positive effects that operate on both the physical and mental levels. It is also fun, expressive, and a way to release tension. Learn to laugh in the present moment, and you'll find that joy is always there.

Credit: DailyOM.com



WINNERS OF THE  
CALIFORNIA  
YOUTH ART MONTH  
(YAM) COMPETITION



2nd Place  
Hayk Avetyan



1st Place  
Marita Fill Ryan



1st Place  
Mariam Ismalyan



WE LOVED SEEING OUR STUDENTS AT THEIR  
ART SHOW AT THE RIVERSIDE MUSEUM  
AS THEY WERE GIVEN AWARDS & CERTIFICATES!



Arshil Hartoonian



Honorable  
Mentions



Lilit Avetisyan



Ashley Abnous



Ellen Avetisyan