



MFA *Wellness* Exposition

CREATE. REST. CONNECT

SATURDAY MAY 9TH

MODEST FLY ART

INCORPORATED

thank you
for taking care of you first



MFA WELLNESS EXPO

The Intention behind this event...

This event wasn't created just to bring people together... it was a response to something we see and feel every day. In the midst of constant demands and fast-paced routines, opportunities to truly pause have become limited. This gathering was created to offer something different... a moment to step away, reset, and engage with experiences that support your well-being.

As you move through today's event, we invite you to be present, explore with intention, and take in each moment at your own pace.

CREATING SPACE FOR WHAT'S MISSING

We believe people need more chances to pause without pressure, explore wellness in approachable, real ways, express creativity without performance, and connect in genuine, supportive spaces. Too often, wellness feels exclusive or out of reach- so we set out to create something open, welcoming, and rooted in community.

WHY COMMUNITY MATTERS

At Modest Fly Art, we believe that well-being is not something we build alone. Connection to people, to creativity, and to supportive spaces plays an essential role in how we care for our mental and emotional health.

When individuals feel seen, understood, and supported, it can shift the way they move through the world. Community plays an important role in that.



WHY ART IS PART OF WELLNESS

At the heart of Modest Fly Art is the belief that creativity isn't just something you make... it's something that helps you process, release, and reconnect. Art can reduce stress, support emotional expression, encourage presence, and offer a nonverbal way to explore thoughts and feelings, while also creating moments of joy and discovery. That's why creative experiences are woven throughout this event as a core part of what wellness can look like.

WHAT WE HOPE YOU TAKE WITH YOU

This event isn't about fixing anything or having all the answers... it's about offering a starting point, or a gentle reminder that you're allowed to slow down, that small moments of care matter, and that there are many ways to support your wellbeing. It also reminds us that community can be part of healing and growth. If you leave with a new idea, a meaningful connection, or even a moment where you felt more like yourself, that's exactly why we're doing this.

This event brings together practitioners, artists, and organizations with a shared purpose: to create space for connection, encourage meaningful conversation, and offer a reminder that no one has to navigate their experiences alone.

MFA WELLNESS EXPO

Panel Speakers



LEEYA ALVANDI
Mela & Co.

11:20 PM- 11:45 PM



ADRINE AVETYAN
Scalp Sanctuary

11:45 PM- 12:30 PM



TATO TOROSYAN
Skin Deep LA

12:30 PM- 1:00 PM

This panel brings together experts in relationship and family well-being to explore key life transitions and challenges. Hear from these women as they share their personal journeys and the experiences that shaped their brands - rooted in self-care, intention, and a commitment to meaningful growth.



TAGUI SARKISYAN
Simple Steps Fertility.

2:00 PM- 2:45 PM

This panel focuses on reproductive health and the emotional journey of fertility. Tagui Sarkisyan will address the challenges of infertility and practical guidance for navigating these deeply personal stages with care and understanding.



DEEPIKA JINDAL
Circle of Calm



SONIA FRIEDMAN
My Road 2 Heal



ELLEN MCPHERSON
Lotus Sound Escape

1:10 PM- 1:55 PM

This panel explores holistic pathways to healing through grounding practices and mind-body connection. Deepika Jindal, Sonia Friedman, and Ellen McPherson will discuss techniques such as meditation, sound baths, and nature-based practices to support emotional balance, reduce stress, and promote overall well-being. Together, they offer insight into cultivating inner calm and resilience through intentional, restorative practices.



DEBBI DIMAGGIO
Mindset in Motion

3:00 PM- 3:45 PM

Debbi DiMaggio is an accomplished entrepreneur, real estate leader, and author known for her work in personal growth and leadership. In her book *Mindset in Motion*, she explores the power of intentional thinking, resilience, and forward movement—offering readers practical insight on how to shift their mindset and take meaningful action in both their personal and professional lives.



AUDEN WYLE
Ambassador



ARIA
Ambassador



BRIANNA MATARA
Domestic Violence

Brianna Matara will be speaking on the important and sensitive topic of domestic violence, sharing insight, awareness, and perspective on an issue that impacts many individuals and families. Her discussion aims to foster understanding, encourage open conversation, and highlight the importance of support, resources, and community in addressing and preventing domestic violence.



BREAKING THE CHAINS
FOUNDATION

4:00 PM- 4:30 PM

4:30 PM- 5:00 PM

Movement Room

Schedule

Time	Activity	Host	Details
11:20 AM- 12:00 PM	 Pilates	WELLNESS BAR	A low-impact workout focused on strengthening the core, improving posture, and building long, lean muscles through controlled movements and breath.
12:15 PM- 12:55 PM	 Sound bath	ELLEN FT. DEEPIKA	A deeply relaxing experience where soothing sound frequencies guide you into a meditative state, helping reduce stress and restore balance.
1:15 PM- 2:00 PM	 Somatic Movement	EVOKE DANCE SPACE	A healing movement practice that connects the body and mind, allowing you to release stored emotions and express yourself freely through guided dance.
2:15 PM- 2:50 PM	 Meditation	DEEPIKA	A mindfulness practice that helps calm the mind, increase focus, and create a sense of inner peace through breath and awareness.
3:00 PM- 3:45 PM	 Yoga	SHUSHAN	A holistic practice combining movement, breath, and mindfulness to improve flexibility, strength, and overall well-being.
4:00 PM- 4:45 PM	 International Dance	ARRII PARRII	A vibrant cultural dance style rooted in international dance, featuring expressive movements, storytelling, and rhythmic footwork that celebrates heritage and community.

All sessions were pre-registered online in advance. However, you are welcome to stop by any session of interest to see if space is available to join. We'll do our best to accommodate you.