

CREATIVEWISDOMTOOLS



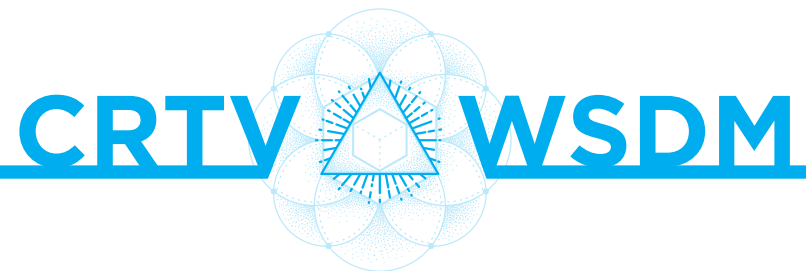
Our Vision is to Create a Better Reality.

Not by guaranteeing we can transform the outside world of a student, but by transforming their *inside world*.

Through our Creative Wisdom toolkit, we give our students the resilience and tools to *meet life on life's terms*.

We define success through our clients retaining and utilizing the tools in their daily life - resulting in students who are:

**SPIRITUALLY AWARE
PHYSICALLY BALANCED
MENTALLY SHARP, and
EMOTIONALLY CALM.**

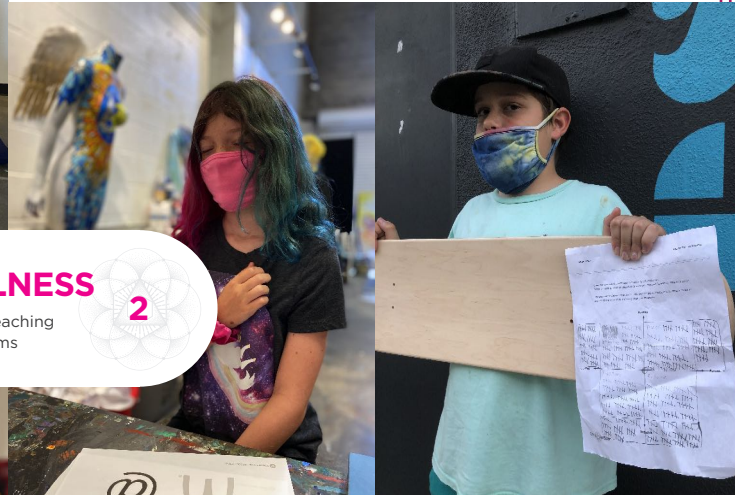


THE CREATIVE WISDOM TOOLS PROGRAM HAS 3 PARTS



1 MINDFUL MOVEMENT x MEDITATION

Students will learn to open the body/mind/spirit connection both creatively and socially, by utilizing the tools of the **MOVEMENT ARTS**, (Mindful Movement x Meditation) in a non-dogmatic, accessible, and fun way.



2 SOCIAL/EMOTIONAL TOOLS x MINDFULNESS

Our "Creative Wisdom Tools" curriculum develops emotional intelligence through teaching students an effective toolkit for success, resilience, and dealing with life on life's terms



3 CREATIVITY x ART x PHOTOGRAPHY

Our Award-Winning **VISUAL ARTS Program**, teaches creative development through the skills of illustration, graphic design, spraypaint, photography, paint pouring, hydro-dipping, creative conceiving, digital illustration, traditional painting and beyond...

"They've figured out how to make teaching **CONSCIOUSNESS**, fun. This is my child's favorite day of the week, and he uses the teachings, lessons, and tools **EVERY SINGLE DAY.**" - Farnaz Reneker, mother of Darian (age 11)

THE CREATIVE WISDOM TOOLS PROGRAM HAS 8 TOOLS

It isn't enough to just teach what these words mean. We are committed to deeply imparting these universal concepts as PRACTICAL DAILY TOOLS - as indispensable building blocks for living, coping, and thriving. We are dedicated to 100% retention and usage of these tools by our students - and that results in a noticeable shift in their behavior and consciousness after only a few sessions.



ACCEPTANCE
AWARENESS
INTENTION
FORGIVENESS
COMPASSION
GRATITUDE
CONNECTION
SOUL ESTEEM

The Creative Wisdom Program is the best tool that I can provide my son. It has taught him to go within, to listen and recognize how he is feeling, and the art has been an outlet to release. I have seen a huge shift in his anxiety levels and overall mood. He absolutely adores the team at Creative Wisdom wishes he could attend every day of the week! *We need this, our kids need this.*

- Jennifer Caudle - Mom of Caden, age 9



This isn't about flowery language - this is about effectiveness.



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This program has CRACKED THE CODE with their Creative Wisdom Tools. I've never seen mindfulness and social emotional learning taught so effectively to youth - in a language they can hear, and in a way that totally resonates and is practical and effective. I am ECSTATIC that Keaton has found this program - it makes my heart so happy!

- Anjale Perrault - Mom of Keaton, age 14

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“This is a place where art has a home,
and where anyone who comes can
live freely, be appreciated, loved and understood.

Life is better with art.

Art is something that brings people together,
and *you can be part of it.*”

- Reed, student age 11

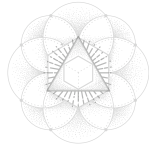
“

This is a first--I have never seen him exhibit this kind of forward-looking pride and excitement in anything else he's done before. I am convinced this is just as impactful – and far less expensive – than any therapy we've tried. He is having so much FUN, and using the tools he's been given in this workshop in his life at home. If we can give more kids the opportunity to learn about themselves and have an understanding of their mind-body connection from the start, they will never need to unlearn the habits and thought patterns that don't serve them in the future.

- Kim Allen, mother of Reed Allen

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JANUARY - MARCH // PROGRAM SCHEDULE

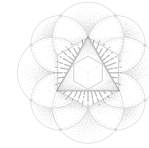


TUESDAY

CREATIVE WISDOM
MINDFUL MOVEMENT
ART x EMOTIONAL IQ
(SESSION ONE)

3-6pm

begins Jan 26
4 week or 8 week



THURSDAY

CREATIVE WISDOM
MINDFUL MOVEMENT
ART x EMOTIONAL IQ
(SESSION TWO)

3-6pm

begins Jan 28
4 week or 8 week

MONDAY

WEEKLY
VISUAL ARTS
PROGRAM
(MONDAY GROUP)

4-5:30pm

begins Jan 11

WEDNESDAY

WEEKLY
VISUAL ARTS
PROGRAM
(WEDNESDAY GROUP)

4-5:30pm

begins Jan 11

FRIDAY

DROP-IN
VISUAL ARTS
PROGRAM
(SIGN UP 24HRS ADVANCE)

4-5:30pm

begins Jan 11

PRICE: \$432/4 weeks, \$864/8 weeks, \$150 drop-in/1 week

to register: www.hisawyer.com/akadamie-llc/schedules

for general inquiries or registration questions - Aidan 831-601-8137, aidancm17@gmail.com

q's re: creative wisdom program - Shelley Williams 310.995.2801, shelley@yogamittra.com



SOUTHBAYARTISTCOLLECTIVE

APPENDIX

resin

hermosa beach

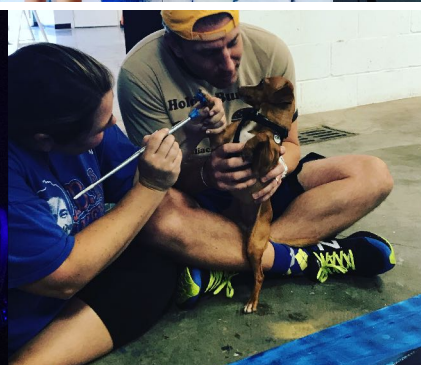
RESIN represents the future of creative consciousness community centers, *merging*

- **Humanities Programming** the arts - from visual arts to healing arts to movement arts (yoga)
- **Social Uplift** non-profit partner programming and *youth social/emotional development*
- **Mixed-Use Tenants** creative and practitioner space - from artists to therapists
- **Showspace** from gallery to event rental space for the arts, humanities, and non-profits

GALLERY x EVENT SPACE

YOUTH ART PROGRAMMING

CREATIVE WORKSPACE



ADULT WORKSHOPS

PERFORMING ARTS

FAMILY EXPERIENCES

HEALING & MOVEMENT ARTS

VISUAL ARTS PROGRAM (ages 7-16)



COURSE DESCRIPTIONS:

Our Award-Winning **VISUAL ARTS Program**, teaches creative development through the skills of illustration, graphic design, spraypaint, photography, paint pouring, hydro-dipping, creative concepting, digital illustration, traditional painting and beyond...

Students meet once a week, in either the **Monday** or **Wednesday** group

Limit of 12 students per day/group

Tuition: \$250/ 4 weeks (tuition includes all general materials, canvasses, camera equipment, paints, and 1 skate deck per month)

\$400/ 8 weeks

\$75/ Drop-In day rate

Program Overview

Each Creative Wisdom Tools (CWT) session takes students on a three part journey, weaving together movement arts (yoga-based), followed by lesson/workshop/group discussion around one specific tool, and concluded by 90 minutes of art and creativity with 1-on-1 mentorship:

1. Yoga x Movement x Meditation

Yoga and guided exercise is scientifically proven to reduce stress, anxiety, and cortisol levels - while reconnecting students to the present moment through guided breath. Having a mind/body/spirit connection - that is focused and in the present moment through breath - sets the stage for deeper social/emotional/self learning - and facilitates a state of suggestibility when the doorway to the subconscious mind is open for programming. When the body is physically challenged, the autonomic nervous system (in charge of increased heart rate, blood flow, sweating, etc) takes over - and the autonomic nervous system is controlled by the subconscious. So in this state, the conscious mind recedes and the subconscious comes forth, making a pathway to deeper parts of the mind and high suggestibility. This becomes a powerful time to begin teaching powerful life tools and shifting consciousness.

2. Creative Wisdom Tool Discussion x Social/Emotional Learning x Mindfulness

Following yoga, students are taught about a specific tool each session. The tools are: Acceptance, Awareness, Intention, Gratitude, Compassion, Forgiveness, Connection, and Service. The tools are taught through a combination of lecture, group discussion, and worksheets. We strongly feel that simply discussing the tools and concepts in abstract terms is insufficient. Knowing the definition of the terms - and understanding them as tools - alongside how to use them, when to use them, and subtleties, nuances, and contexts of the inner experience with tools - is something different altogether. We are focused and highly intentional in teaching these concepts as functional and tangible tools for daily life. We require the students utilize and report upon the use of these tools in their daily life, and 100% retention and utilization is integral to ensuring success for our students. Through group sharing and discussion, and supported by gamification and contests, we make the tools relatable, simple, sociable, and fun.

3. Creative Studio Time - Art x Photography

The students conclude each session with 90 minutes of creative time - learning techniques, materials, and media ranging from spraypainting and photography, to graphic design and traditional painting. Art and creativity have immense social emotional and mental health benefits - ranging from self expression and emotional release, to developing self esteem and identity. However, our philosophy regarding teaching art, isn't about art itself - it's about teaching people to access their own creativity, and how to activate and thrive in that creative state. When students are creating, they are in the state of the Creative Self. The Creative Self has the unique combination of two facets of consciousness: total attention (absolute focus and immersion) and original thought (ideas and imagination). Being in the Creative Self allows students to shift from the beta-wavelength rational mind, into heightened state of consciousness (alpha or theta wavelength.) It is in this elevated mindset that students begin to access inner states such as imagination, intuition, inspiration, and instinct. The state of the Creative Self brings the students awareness and consciousness into the present moment, and the student are open to new ideas, open mindedness, and are highly suggestible. For 90 minutes, the students create alongside a social emotional learning and visual arts coach, where they open up with honesty about their life and challenges, experience empathy, and deepen their understanding of the tools while applying them to specific real-life situations and applications.

The Tools: Acceptance, Awareness, Intention, Gratitude, Compassion, Forgiveness, Connection/Service and Soul Esteem

Scanning ancient wisdoms to modern behavioral sciences, we feel this set of tools to be indispensable for thriving in the human experience, and managing life on life's terms.

The Tools (in the order they are taught - one per week):

Acceptance - the tool for accepting life on life's terms, we cannot begin to create or pursue solutions to life problems until we accept reality exactly as it is. The deeper - more spiritual - potential effectiveness of the tool (belief system permitting), is that "Nothing happens in God's world by mistake - everything happens for a reason." Our students quite mostly find that accepting life on life's terms is not actually all that hard, and we teach that the most difficult part of the Acceptance Tool, is knowing that you have it, and remembering to use it. For students that are not spiritually inclined, the essence still holds true: what occurs in the scientific, material world - is in fact reality - and that cannot be disputed.

Awareness - this tool brings awareness to one's thoughts - the ability to watch the mind as the Observer of thoughts, and not being wholly immersed into the thoughts. Students learn to effectively watch their thoughts, and create space in both observation, but also identification: you can think something, and not agree with it or believe it. Your thoughts aren't you or even necessarily yours - you are the person who watches the thoughts and decides whether or not to agree with them. Students are giving homework where they watch - and chart - their thoughts for a week.

Intention - You have a lot better chance of hitting the target of what you want, if you know what you are shooting for. Students learn to elevate their goals into holographic visions in their mind's eye, that they then charge through creating cardioneurological resonance. By learning to charge their intentions, students learn how to have a vision - and fall in love with it - so that their conscious and subconscious follows through with it.

Gratitude - This tool isn't about happiness or gratitude lists - its about an entire shift in perspective and a state of being you feel in your heart and not just think about in your mind. Students learn to reframe their mentality to allow for gratitude - an example is replacing "this food is gross" with "I am lucky I have a meal;" or "I hate my homework" with "I am really lucky I have the opportunity at a great education."

Forgiveness - Students learn that for some emotions - anger, hurt, hate - the tool of forgiveness is required to relieve their emotions. Of all the emotions, the students learn that the most toxic is resentment - because on the inside, it sounds just like logic (a negative logic that can destroy relationships and lives.) - and that forgiveness is an act of release that can happen within (and doesn't require the person you are forgiving).

Compassion - "Do unto others, as you would have them do unto you" (the Golden Rule). "The Divine in me sees the divine in you" (namaste). "When I do good, I feel good...that is my religion" (Abraham Lincoln). There are many paths to compassion and kindness, and we teach students to connect with the essence of compassion, while teaching how to replace harshness with tenderness in every day life.

Connection/Service - We define "connection" as having three tiers - connection to self, connection to others, and connection to the Universe/Higher Power - and we teach how to effectively connect to all three. The physical act in support of connection, is service - getting out of ourselves and into helping others as an effective way to create relief from suffering - as we cannot hold service and suffering at the same time.

Soul Esteem - Self Love. Self Integrity. Self Esteem. There is a kindness in how we talk to ourselves and treat ourselves. There is an integrity to how we act when no one is around. For many, this is something so instinctual and innate that we do not need to learn it, it is already part of who we are. For many, it is an absolute blindspot. Students learn how to love themselves, do esteemable acts, and build their Soul Esteem.