



ATLAS

COMMUNITY CLASSES

Atlas classes are designed to encourage connections and creativity in exploring passions in art, music, health and fitness and growth in vocational/life/mind set!

Community classes are open to all and are located at 254 W 29th Basement Floor

ART

- Small group projects & crafts
- Appropriate use of materials
- Organization and care for materials & work
- Art theory & skills
- Sequencing & following directions
- Creative expression
- Sensory exploration

EMPOWERMENT AND ORGANIZATION

- Self Expression and Empowerment
- - practice scenarios & review
- Filling out applications
- Interview practice
- Small group discussions on job interests & visions of the future
- Prep & practice of communication skills & self - regulation
- Community helpers discussions & exploration activities

SUNDAY CLASSES

- **Creative Arts Classes:** are focused lessons highlighting activities, history, and practices within art, music, poetry and writing as well as wellness/empowerment.

POETRY & WRITING

- Small group readings
- Literacy elements and word play
- Self expression & exploration of interests

MUSIC

- Music instruction - students explore music theory, genres, and how to play a variety of instruments
- Group Class - Music & Movement, Music & Mindfulness

HEALTH & FITNESS

- Sports
- Obstacle Courses
- Yoga
- Exercise Drills
- Mindfulness

SATURDAY CLASSES

- **Creative Movement Classes:** fun with health & fitness includes sports, obstacle courses, yoga, exercise and mindfulness

Various Classes are available in 30 minute, 60 minute, 90 minute, and 2 hour intervals between the hours of Mon - Fri 9 - 6:30 and Saturday & Sunday 12 - 4. Private classes available upon request. (times may vary depending on student needs/preferences)

- **30-minute weekday class: \$27.50**
- **1-hour weekday class: \$55**
- **Weekends: \$65/hour**
- **90-minute weekday class: \$82.50**
- **2-hour weekday class: \$110**
- **Private classes available at \$100/hour**
- **Additional 1:1 support/guidance \$100**

Info@AtlasForWellbeing.Org | 212-256-0846

254 West 29th Street, Basement Floor, NY, NY 10001



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