



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

VIRTUAL

ART

THERAPY

CATALOGUE

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CREATIVE WELLNESS PROGRAM

UNLEASHING YOUR CREATIVITY



Why should you join our yearly program and unleash the ultimate creativity?



Improves Concentration

Concentrating on the subject you're painting or concentrating on improving the details in what you've already painted builds essential skills in focus.



Art relieves stress

Creating art provides a distraction, giving your brain a break from your usual thoughts. Activities like painting can lower your stress level and leave you feeling mentally clear and calm.



Develop your creativity

Painting is an all-brain exercise, strengthening the mind and triggering dopamine activity in the brain. It's basically aerobics for the brain!



Creative Catalogue

Art Therapy I - Color and Introduction to create your own mandala (45 min or 30 min Sessions + Q&A)

Introduction to doodling and exercises that can keep your mind focused on what you have in front of you. The artist will teach the participant how drawing patterns can help relieve stress. There are numerous reasons why, but the most common theory is that the repetition and rhythmic motions of sketching can activate the relaxation response as a way to counter the body's fight-or-flight intuition. The artist will talk about the meaning of color and how colors make us feel certain emotions.

Art Therapy II - Patterns and Mandalas (45 min or 30 min Sessions + Q&A)

Understanding how we can connect shapes and colors to our everyday routines and use this wonderful technique to refocus on our daily tasks. In this session participants will learn how to create their own mandala and will learn how to use patterns to express positive and negative emotions.

Drawing Class I - Simple Shapes (45 min or 30 min Sessions + Q&A)

The artist will invite participants to understand how basic shapes such as circles, squares and rectangles can be combined to create an amazing work of ART!!! Participants will learn how to use these shapes to create animals and more.

Drawing Class II - Simple Shapes/Shadows and Light (45 min or 30 min Sessions + Q&A)

Overview of Drawing I and meaning of color. The artist will show participants how shadows and light are used to give simple shapes a more realistic form. Participants will create their own drawings applying shadows and depth.

Drawing Class III - Simple Shapes/Patterns and Mandalas (45 min or 30 min Sessions + Q&A)

The artist will show participants how a complex form such as a Mandala, when closely examined, is a combination of the simple shapes learned in the past sessions. Participants will create their own mandala and will learn how to create their own color palette.

Drawing Class IV - Learning how to draw a master piece (45 min or 30 min Sessions + Q&A)

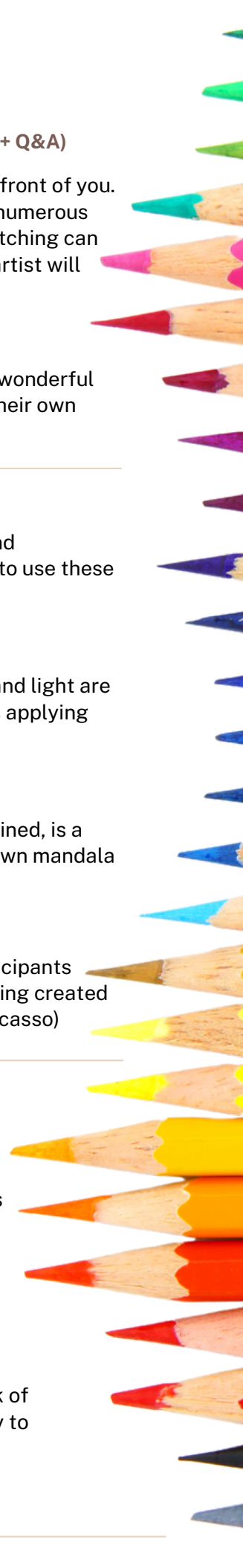
Brief history of one of the greatest painting masters in Art History . The artist will show participants how a complex masterpiece can be broken down and will teach them how to recreate a drawing created by the artist of their choice (Keith Haring, Piet Mondrian, Joan Miró, Salvador Dalí or Pablo Picasso) using basic supplies such as paper, pencil and color pencils.

Painting Class- Unleashing the Artist/Art Kit Required (45 min, 1 Hour or 1.5 Hour Sessions + Q&A) - (Please choose the design that will be engraved on the wooden board.)

In this fun and relaxing class, participants will have the opportunity to follow the artist and create their own work of art. The participants will learn how to combine colors, the benefits of painting and will unleash their ultimate creativity by focusing their minds on what they have in front of them. The participants will receive an ART KIT (Please see next page for details.)

Painting Class- Creating Landscapes like a Pro/Art Kit Required (45 min, 1 Hour or 1.5 Hour Sessions + Q&A) - (Choose from the landscapes provided on page 7)

Are you a Bob Ross fan? Are you wondering if you could possibly create your very own work of art from start to finish? In this fun and relaxing class, participants will have the opportunity to follow the artist and create their own work of art. The participants will receive an ART KIT (Please see next page for details)



Creative Catalogue

Painting Class- Great Masters/Art Kit Required (45 min, 1 Hour or 1.5 Hour Sessions + Q&A) - (Choose from the options below)

Who is your favorite Great Master of all times? Are you wondering if you could possibly create your very own work of art from start to finish? In this fun and relaxing class, participants will have the opportunity to follow the artist and create their own masterpiece inspired in Piet Mondrian, Joan Miró, Salvador Dalí, Pablo Picasso or Keith Haring . The participants will receive an ART KIT (Please see next page for details)

Painting Class- Paint by number/Art Kit Required (45 min, 1 Hour or 1.5 Hour Sessions + Q&A) - (Choose from the options provided on the next page)

In this fun and relaxing class, participants will have the opportunity to follow the artist and create their own work of art. The participants will learn how to combine colors, the benefits of painting and will unleash their ultimate creativity by focusing their mind on what they have in front of them. The participants will receive an ART KIT (Please see next page for details.)

Silent Painting Sessions - Coloring Kit Recommended, but not required (Digital version available)

Coloring can be done by anyone, not just artists or creative types. It was once seen as an activity only for kids, but studies have proven that focusing on an activity like coloring helps you achieve mindfulness.

Recommendation : The participants can receive a coloring KIT that includes the drawings that they will color during these relaxing sessions. (Can be used for various sessions)

Mandala Challenge- 10 day Mandala Challenge

Creativity is a muscle, the more you use it the bigger it becomes. In this challenge participants, will have the opportunity to create a new mandala each day.

This challenge will go perfect with any Art Therapy or Drawing Session.

Virtual Gallery - This is a great add-on to any of the painting classes

The virtual gallery is a great add-on to any of the painting sessions. Employees will have the opportunity to showcase their works of art and they will be able to admire their colleagues creations as well. (Please see sample image below)

This is a great add-on to any of the painting sessions.



Art Kit Options

Different options for employees to purchase the Art kits prior to the date of the class.

1. Painting Kit - Unleashing the Artist or Paint by Number Painting Sessions

With this Art Kit the employees will be able to follow the artist and paint the engraved design of choice. Participants will learn how to create different colors starting with the 3 primary colors + black & white.

What is included ?

- Original Design/ Engraved in wood
- Outlining Tool
- Reusable Palette
- Plastic Apron
- 5 Acrylic Paints
- 2 Brushes
- Mixing Card



2. Painting Kit - Creating Landscapes like a Pro or Great Masters Sessions

With this Art Kit the employees will be able to follow the artist in a Great Masters or Bob Ross Inspired session in which they will create their own landscapes or masterpiece, starting on a blank canvas.

What is included ?

- Blank Canvas
- Paper towel
- Reusable Palette
- Plastic Apron
- 5 Acrylic Paints
- 3 Brushes
- Mixing Card



3. Coloring Kit - Art Therapy, Drawing or Silent Painting Sessions

With this Coloring Kit employees will be able to color different designs with markers. They will be able to use this book in various sessions.

Option 3a. What is included ?

- Coloring Book
- Set Of Markers

Options 3b.

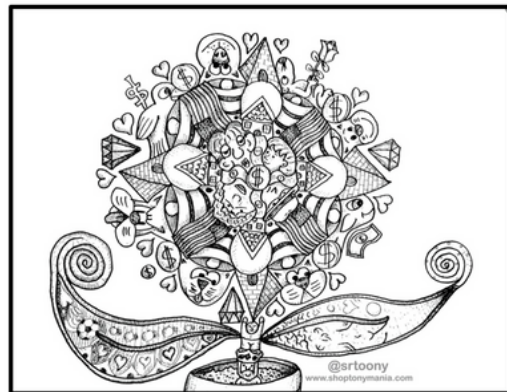
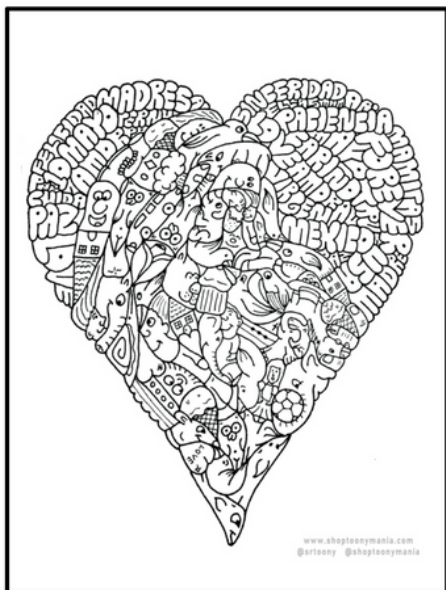
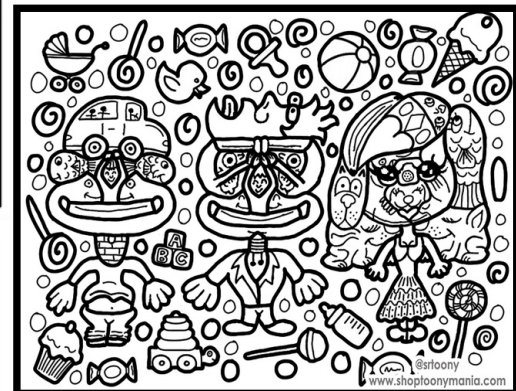
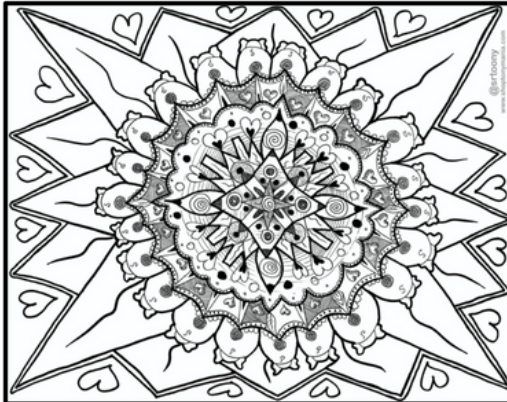
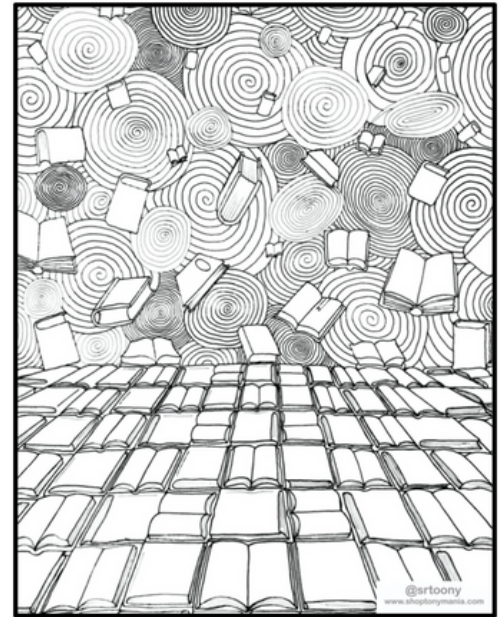
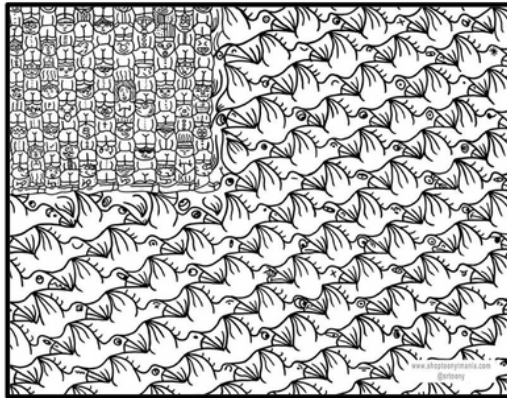
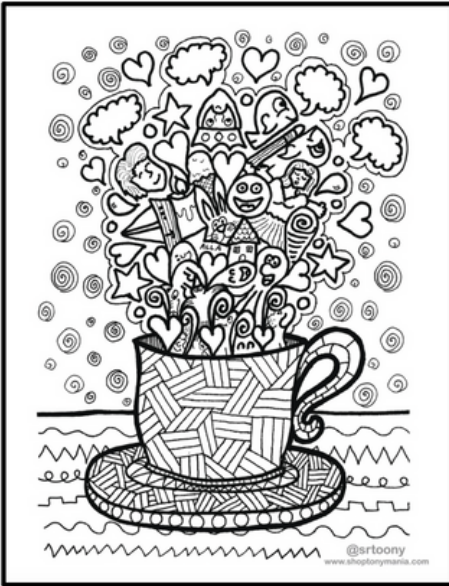
- Coloring Book
- Markers or Colors NOT INCLUDED



Art Kit Catalogue

Different options for employees to purchase the Art kits prior to the date of the class.

1. Painting Kit - Unleashing the Artist Session or Paint by Number



Art Kit Catalogue

Different options for employees to purchase the Art kits prior to the date of the class.

2. Painting Kit - Creating Landscapes like a Pro Session

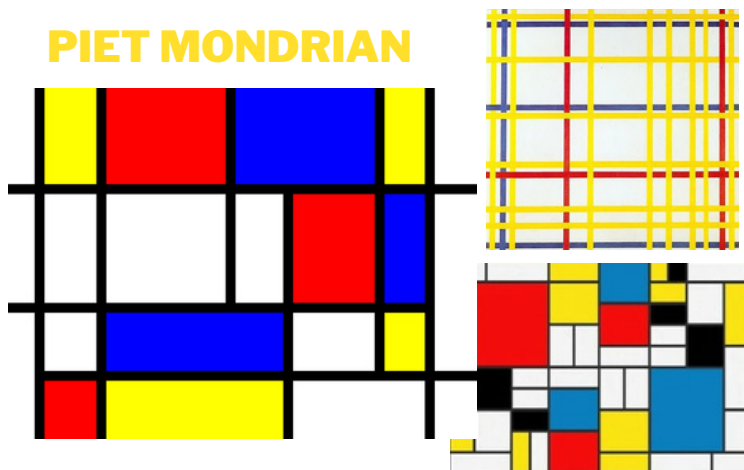


Art Kit Catalogue

Different options for employees to purchase the Art kits prior to the date of the class.

2. Painting Kit - Great Masters /Masterpiece Options

PIET MONDRIAN



SALVADOR DALÍ



PABLO PICASSO



KEITH HARING

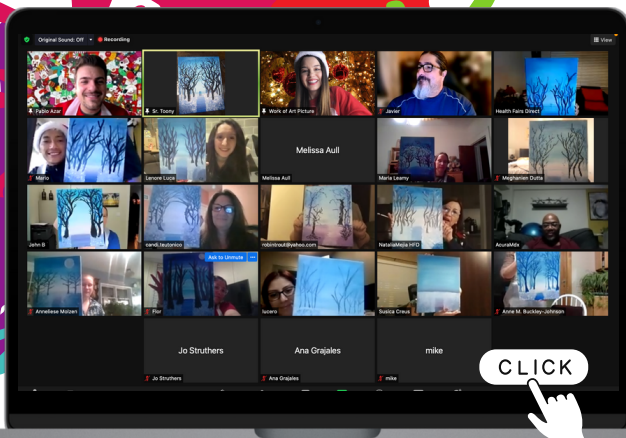


JOAN MIRÓ

Unleashing the Artist -Annual Program

Unleashing the Artist - Painting Night 2021

LIVE SESSION VIA ZOOM



Month 1 Art Therapy I - Color and Introduction to creating your own mandala (45 min + Q&A)

Month 2 Drawing Class I - Simple Shapes (45 min Session + Q&A)

Month 3 Drawing Class II - Simple Shapes/Shadows and Light (45 min + Q&A)

Month 4 Silent Painting Session/ Coloring Kit - (30 min Session)

Month 5 Art Therapy II - Patterns and Mandalas (30 min Sessions + Q&A)

Month 6 Painting Class- Unleashing the Artist/Art Kit Required (1.5 Hour Sessions + Q&A)

Month 7 Silent Painting Session - (30 min Session)

Month 8 10 day Mandala Challenge

Month 9 Silent Painting Session - (30 min Session)

Month 10 Drawing Class IV - Learning how to draw a masterpiece (45 min or 30 min Sessions + Q&A)

Month 11 Painting Class- Creating Landscapes like a Pro or Great masters Art Kit Required (1 Hour or 1.5 Hour Sessions + Q&A)

Month 12 Virtual Gallery - Employees will feature their creations

Featured in : **Forbes**

People
EN ESPAÑOL

The Miami Herald

Diario Las Américas



Unleash your creativity with us.



Pablo Azar a.k.a Sr. Toony- Artist

I believe that art reaches the hearts and souls of people in a more direct way than any other activity, therefore art is a responsibility. I like to think that art is one of the most powerful weapons that make this world a better place.



Ana Grajales a.k.a Sra. Toony - Artist

Art is not only for professional artists, it's for anyone who is not afraid to explore their most creative side. With Toonymania we want you to connect to your most positive emotions and disconnect from the world. Did you know that painting can relieve stress and improve concentration?



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