



CERASart Expressive Arts Experiences currently offered at:
Purple Easel LLC, Ontario, CA
511 Art Studio, Upland, CA

List of current CERASart offerings:

'Selfie' Deconstructed

In lieu of a camera lens, capture your authentic SELF through the art of collage! Through the expressive arts modality of collage, introspective journaling and brain science 101, this modern age narcissistic urge, *the Selfie*, will be enlightened, body awareness increased and overall wellbeing fueled!

I am Vision Board

When identified and declared, I AM, will become. What is it that you crave, desire and wish to manifest in your life now? In one year? In five? Experience begins with the intuitive process of collage and ends with reflective journaling to make known the vision of Who you are and Who you will BECOME!

Mandala Mornings

Mandala history, usage among the ages and cultural groups will be discussed and explored. Facilitated experience will encourage mandala symbolism to harness the joy that resides within to create a lasting art piece as a healing tool.

Dualities of Life

Contrast the real from the fantasy; the living from the dead; the joy from the hurt. Capture the duality of life in an intuitive collage facilitated experience.

Women Entrepreneur

Try networking over paint and glue! Bring your business skills and playfully brainstorm a company vision statement, or reassess goals and objectives...you decide the focus and through the art modality of collage allow the intuitive process of creating transpire a greater clarity for company vision, strengths and weaknesses; ultimately inspire positive growth within self and professional networks. *Private Event option (BNI, local networking groups, etc).*

Body Talks

Constantly bossed around by our inner critic, advertisements, interpersonal relationships...is your body living her best life? This expressive experience is designed to purposefully slow the mind and quiet the critics to allow the true messages of the body to surface. Create through imagery, paint and other mixed media materials, a reflection of your body's talks! *Private Event option.*

Graffiti Wall

Big. Impressionable. Color. Scale. Music pulses through the studio, this art experience is sure to free the spirit! Participants are provided vertical wall space with extra large paper canvas to color, collage and journal into their own however the music moves them!

Art of Motherhood: *Coming in the Fall of 2016*

The storyteller lies within! Calling all new mothers, expectant mothers and seasoned mothers to journey inward through an outward expression! Through collage, introspective journaling and storytelling, facilitated activities include: creating a motherhood mission statement, painting the emotion of a birth story, loving the womb through collage and more! This is a 3-part experience, new babies and breastfeeding babies are welcomed!

Yesterday Lives Strong

An expressive arts bereavement group. Come and create art in honor of the ones you lost. Allow yourself to be inspired by the memory, capture a sentiment or paint out your hurt and anger. This experience is uniquely yours and is known to offer profound emotional healing. Facilitated activity to uphold confidentiality.

Peace Flags

What does peace look like to you? Is it attainable? Is this personal peace? Community peace or world peace? You decide how this art piece fits your vision of peace! Each participant is provided a paper 'flag' to capture a sense of peace. All who participate will be invited to be part of a public installation.

Words He Never Heard

Freedom from Domestic Violence: *private events only.*

Write Your Pain a Letter

The angst and felt discomfort can truly deplete the mind over time. Join a group of survivors and fighters to put pen to paper, infuse with color, cut and glue in an effort to find a new found voice that overpowers the darkness of physiological and emotional pain revealing a path to healing.

Blackout Poetry

Blackout Poetry is a playful way to take text from a story and re-organize into a new story. This is then followed with blacking out the unused text! A modern sensation and a sure fire way to ignite the over stimulated brain! Come get your jumpstart with a sharpie and a tattered page of history- deconstruct and construct again.

My Body. My Mind. Me.

Attendees are welcomed into this experience with focus on bodily movement and reflection, then guided through an expressive art self portrait. Facilitated activities lead attendees through various prompts to encourage authentic expression and self discovery. Experience closes with a celebration of the diverse and beautiful bodies! *Private event options.*



Chocolate & Chalk

This basic workshop is for those who have never experienced chalk beyond the classroom setting! Chocolate is half the fun-and is enjoyed in abundance while attendees learn the ABCs of good chalk art! Topics explored are: chalk brands, basic lettering, industry secrets and techniques to DIY chalkboards. *All guests receive a Chalk Bundle Kit which includes: one 11X14 chalkboard, mixed use chalk bundle, the 'little black book' and practice sheets.*

I Love Lettering

Attendees are guided through the basics of typography then experiment with various lettering techniques to develop their own 'whimsy'! Fonts are fun and when done with chalk, they are ever so forgiving! *All guests receive a Chalk Bundle Kit which includes: one 11X14 chalkboard, mixed use chalk bundle, the 'little black book' and practice sheets.*

Borders and Banners

Practice makes perfect and even then perfect is imperfect! Borders and banners, when done properly, are the secret to exceptional chalk art! Learn the basic techniques and tinker with various forms to master the 'art of flow!' *All guests receive a Chalk Bundle Kit which includes: one 11X14 chalkboard, mixed use chalk bundle, the 'little black book' and practice sheets.*

Mantra Making

Grab a chalkboard in lieu of a self help book! Bring your Mantra to life on a chalk board! Attendees will complete a layout of their personal mantra from start to finish. An excellent class for someone already in 'the know' of chalk basics-but welcoming for all levels! *All guests receive a Chalk Bundle Kit which includes: one 11X14 chalkboard, mixed use chalk bundle, the 'little black book' and practice sheets.*

Upcoming EVENTS:

June 12th @ PTTC-Ninja Night Fundraiser...3:30pm - 5:30pm

June 16th @ 511 Art Studio, Subway Art w/ Chalk...6:30pm - 9pm

June 25th @ 511 Art Studio, Mandala Morning-Expressive Collage...10am - 12:30pm

June 27th @ Purple Easel-Chalk Art: Banners & Borders...6:30pm - 9pm

July 12th @ Purple Easel-Coffee & Chalk...10am-12:30pm

July 17th @ 511 Art Studio-Chocolate & Chalk...6:30pm - 9pm

July 19th @ Purple Easel-I AM Vision Board...6:30pm - 9pm