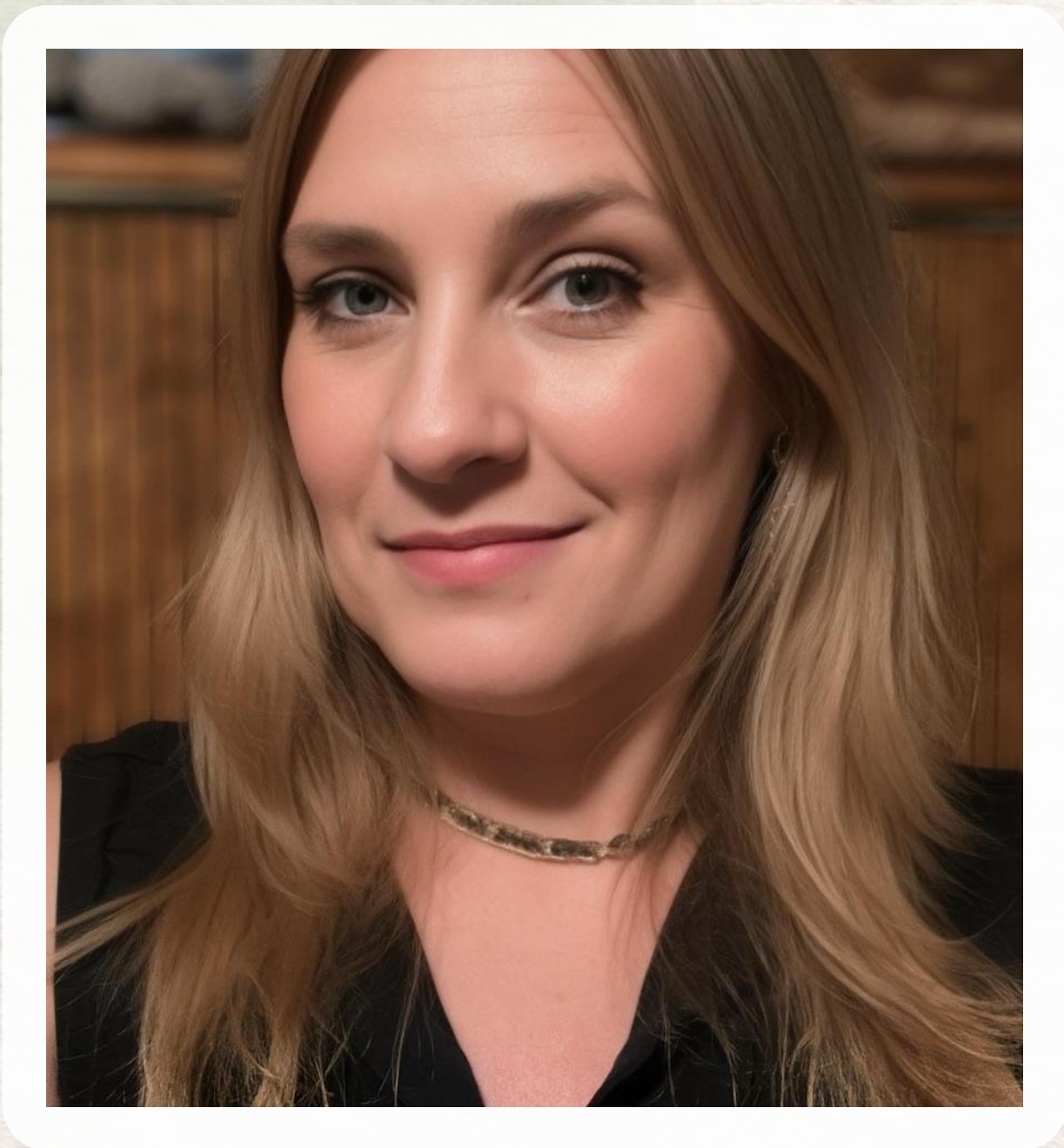


# Mindful, Meditative Art



[mindfulartandsound.com](http://mindfulartandsound.com)





# About me

Amber Vlangas, MAT

I am an artist, certified Meditation Specialist, Mindful and Meditative Art Teacher, Restorative Circle-keeper, and Sound Guide. I have always had a heart for holding space and helping others. My work is grounded in the truth that every person has the ability to access their power, potential, and creativity when given the safety and encouragement to do so.

I invite people into accessible and mindful art activities, guided meditation, music making, and sound journeying to help them relax, renew, and open pathways to enhanced mind-body connection, imagination, self-awareness and overall balance. I hold certifications accredited by the International Mindfulness and Meditation Alliance, The Mindful Art Alliance, The Meditation Organization and the Complementary Medical Association.







# What is Mindful, Meditative Art ?

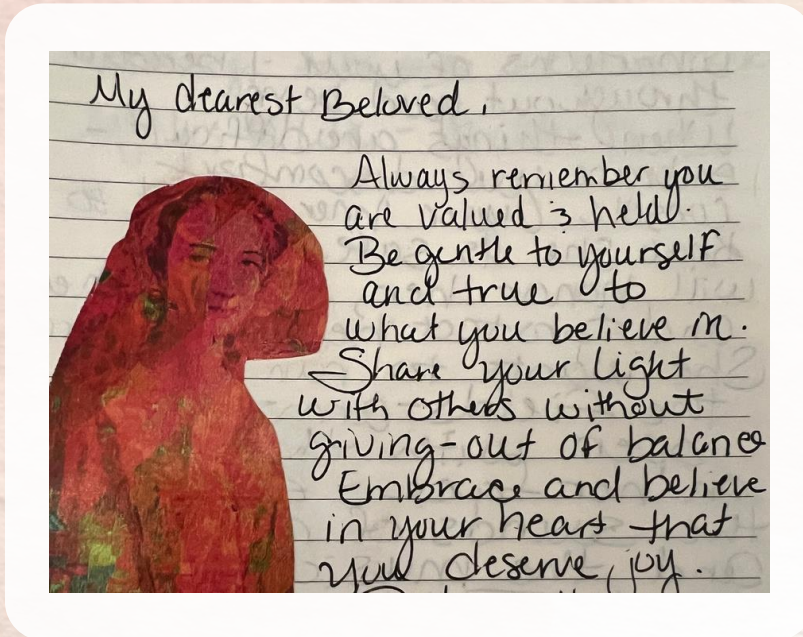
Mindful Meditative Art is a creative form of meditation that combines mindfulness, meditation, and art-making to help unlock creativity, access relaxation, and spark inner reflection. It is a way to be in the present moment, notice sensations and thoughts, and lean into creative play without judgment.

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# Sample Mindful, Meditative Art Activities



- Intuitive Drawing & Painting
- Expressive Mixed Media
- Intuitive Collage
- Mindful Mandalas
- Meditative Watercolor Doodling
- Dream and Vision Journaling
- Mindful Vision Photo Walks
- Dream and Vision Journaling
- Body Scan Drawings and Paintings
- Free Form Expressive Writing & Poetry
- Breath, Gesture & Sound Work
- Slow Drawing from Nature
- Paper Stitching, Tearing and Sculpting
- The Sky Is the Limit! - Expressive Arts



# FAQ: I am not an artist. Is this for me?

Everyone is creative in their own way. The invitation is to make marks and express through art in a non-judgmental way, allowing for exploration and observation to let our creative impulses unfold.

“Permission to play” through Mindful Meditative Art is about the process, not the final product. Anyone can do it using simple and accessible materials they already have on hand.



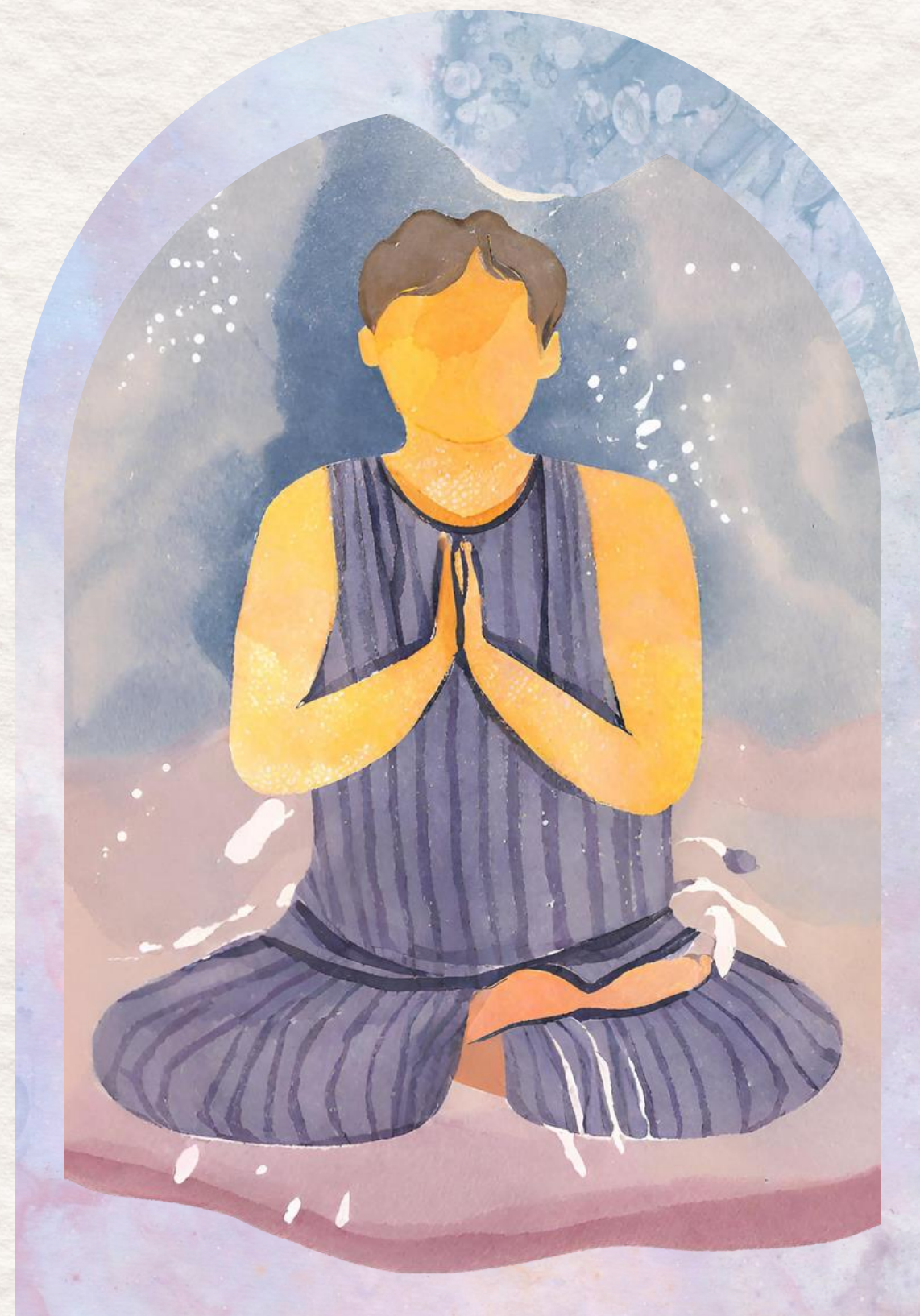
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# Help! I can't Meditate.

No worries! Many people find Mindful Meditative Art activities more accessible than sitting on a cushion trying to tame our meandering thoughts through more traditional styles of meditation.

The great news is there's no wrong way to do it; simply show up and allow yourself to be curious about your creative process.



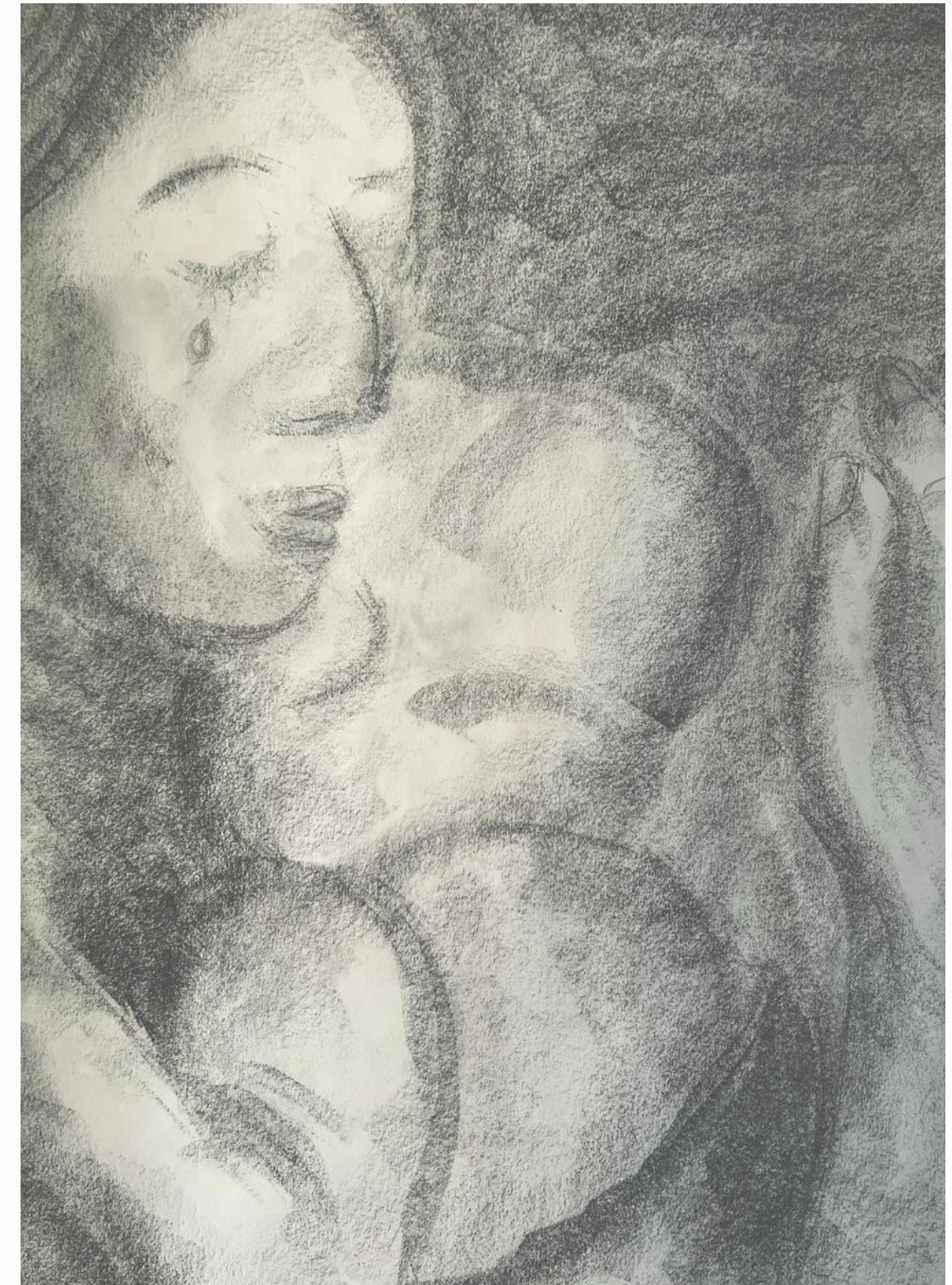
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# Turning Inward

Mindful, Meditative Art activities can help you de-stress and reconnect with yourself and others in a safe, sacred space. You are encouraged to turn inward. Participants are invited to notice their breath, thoughts, sensations, emotions, etc.

While creative expression can be simple, fun, AND profoundly deep and healing, **Mindful Meditative Art is not Art Therapy. A mindful art teacher does not analyze or diagnose.** If you feel you need additional support, you may want to share your work with a therapist.



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# Why Mindful, Meditative Art?

## Access Rest & Rejuvenation

Being mindful, slowing down, and making time for creative play can quiet the sympathetic nervous system. This reduces the stress hormone, cortisol, allowing the body and mind to rejuvenate.

## Increase Self-Awareness

Mindfully listening to your body and intuitively making art, while noticing thoughts, and emotions can help develop clarity and increase self-awareness. It may also increase feelings of gratitude, empowerment, self-compassion and release.

## Unlock Creativity

Using simple, accessible materials and committing to creating without judgment liberates us from our Inner Critic, unlocking our creativity and potential.

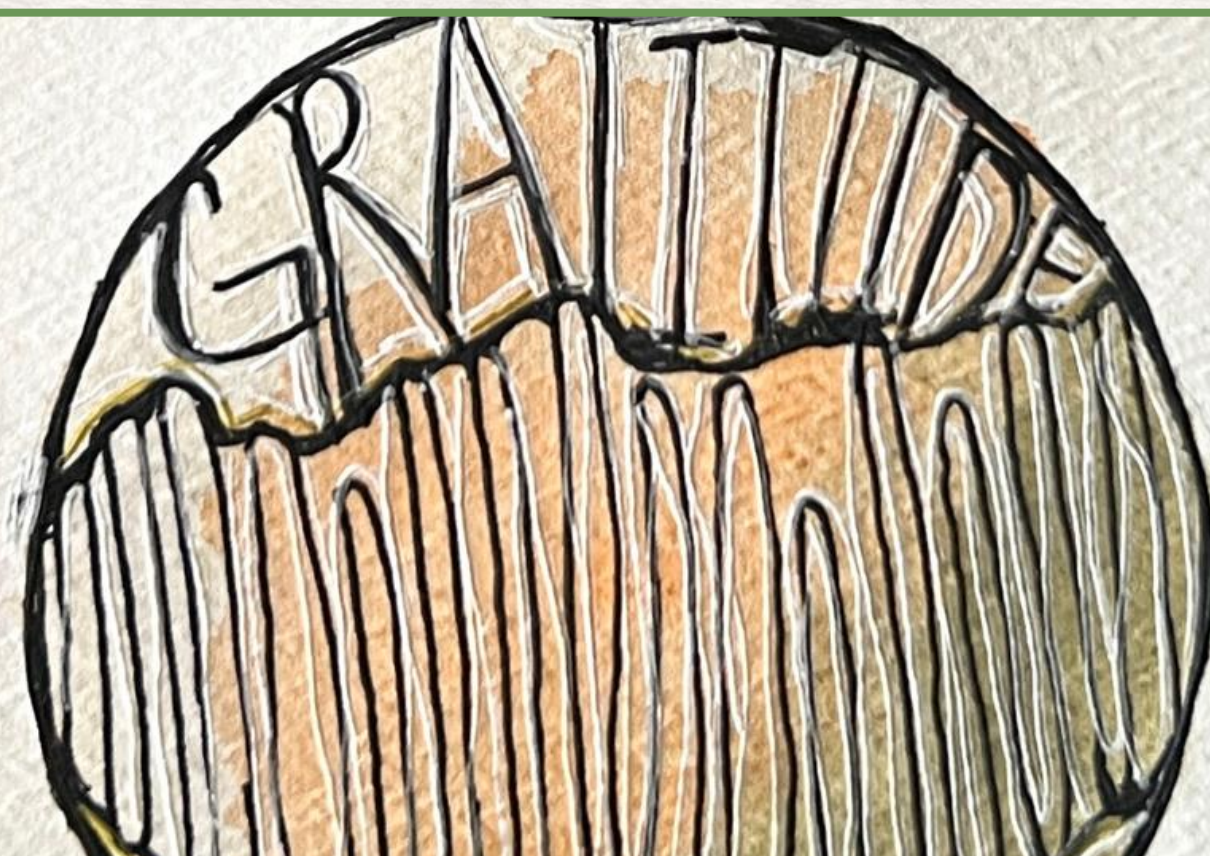
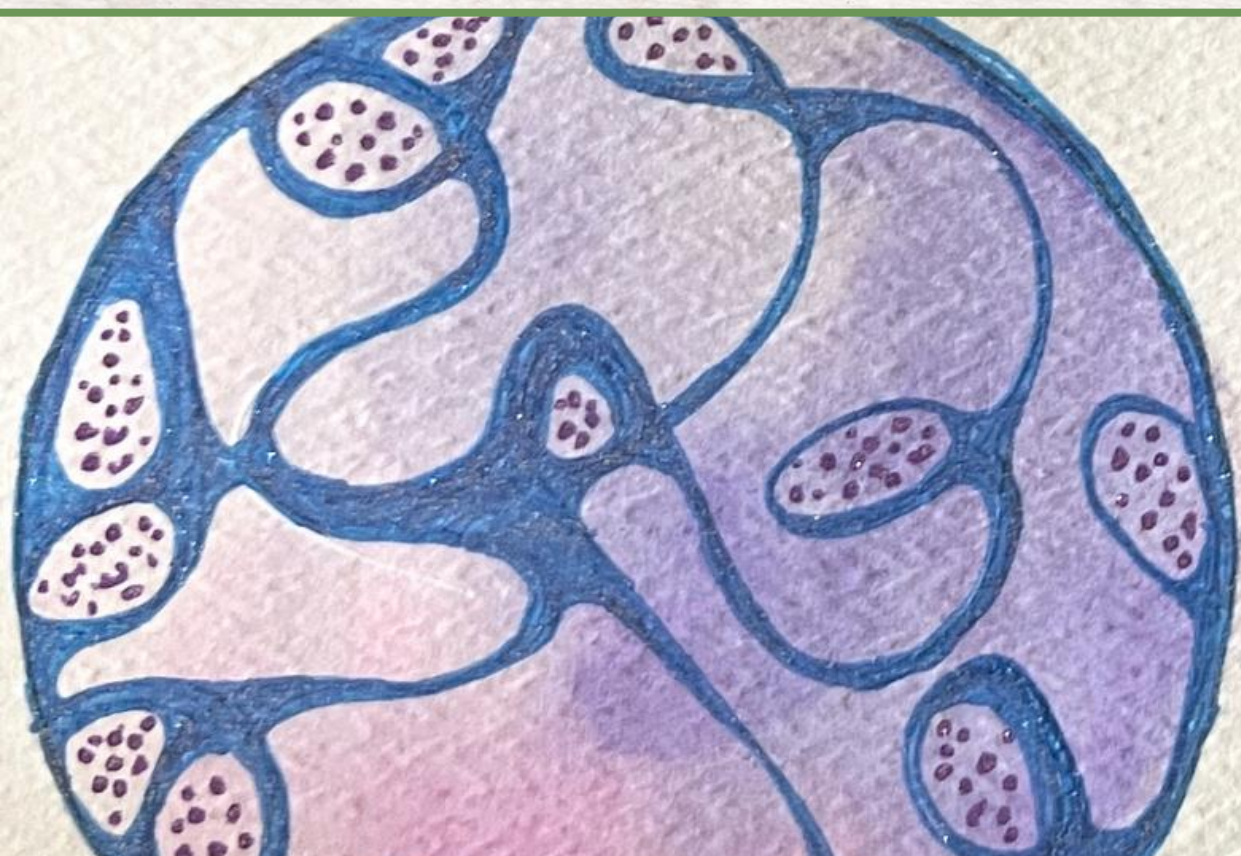
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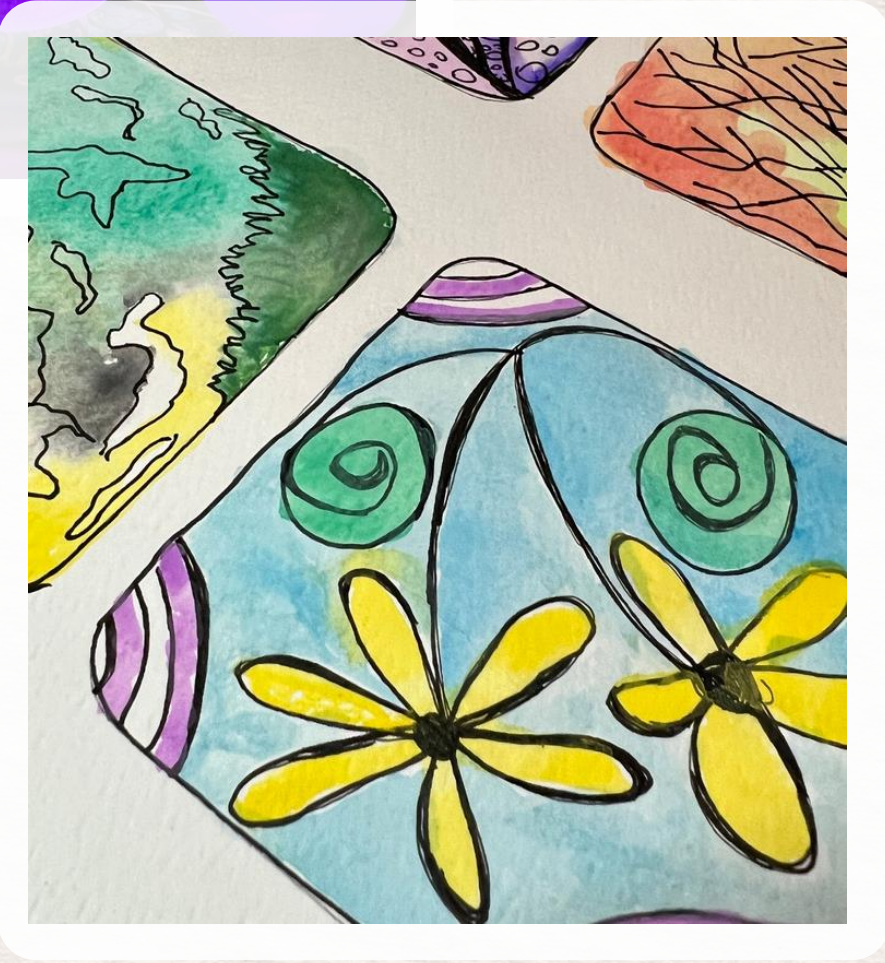
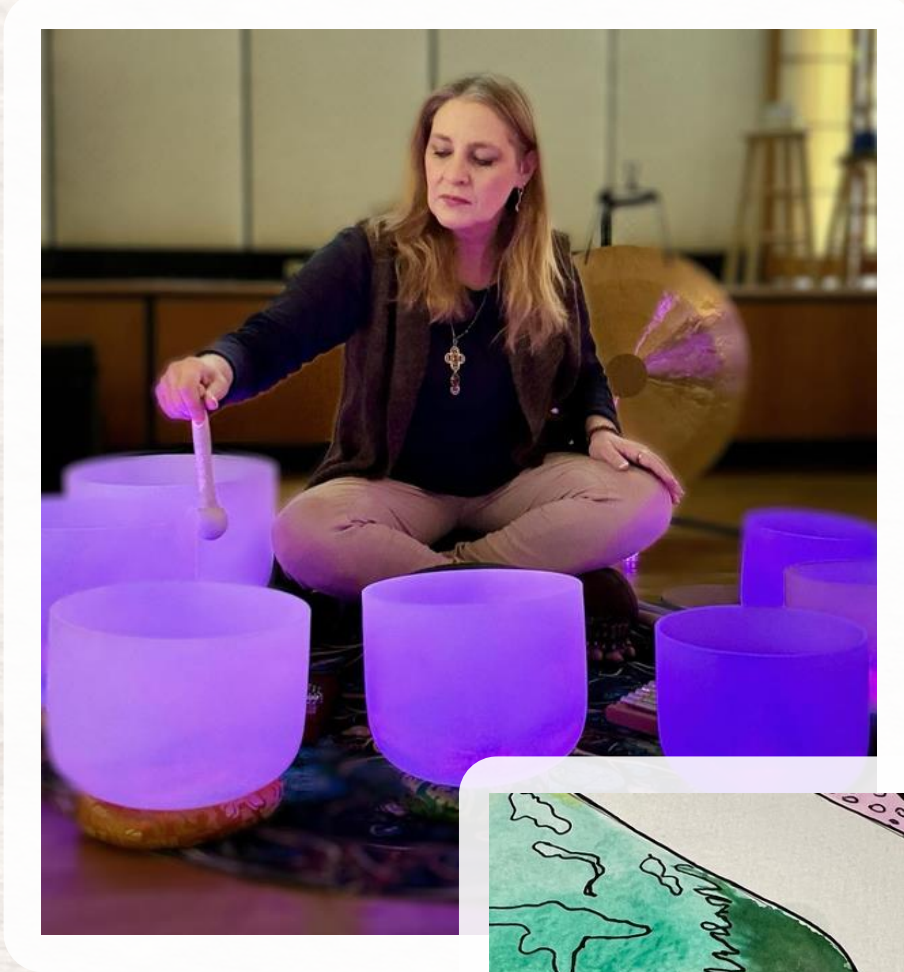


DEMONSTRATION

Lets Give it a Try







# Thank You!

Questions?

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