



# MINDFUL

# *Art and Meditation*

TEACHER TRAINING  
(Overview & Setting Intentions)

# YOUR CREATIVE GUIDE



*Hello I'm  
Cynthia!*

I'M PASSIONATE ABOUT EMPOWERING OTHERS TO HOLD SAFE SPACE WHILE SHARING SIMPLE, FUN AND INSPIRING MINDFUL ART ACTIVITIES THAT HELP OTHERS DE-STRESS AND EXPRESS CREATIVELY.

I'VE BEEN FACILITATING ART AND MINDFULNESS FOR 12 YEARS AND FACILITATING TEACHER TRAININGS FOR THREE YEARS. I'M EXCITED TO SUPPORT YOU IN SHARING THIS WORK WITH THE WORLD!

## *Mindful Creative Muse*

Shares creative and calming practices for self-care, including Online Mindful Art Classes, Expressive Art Workshops, Online Women's Retreats, Online Mindful Art and Meditation Teacher Trainings, and collaborates at events and festivals both online and globally.

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# Overview

"When you teach what you love, and share what you know, you open eyes, minds, hearts, and souls to unexplored worlds." Unknown

**Mindful Art and Meditation Teacher Training** provides a Foundation for those wanting to combine Creative process and Mindfulness in their offerings, including:

- > Trauma-Informed Neuroscience, Guiding Principles and Practices (including trauma-sensitive language and cues)
- > Expressive Arts Exercises (including BodyScan Drawings, Expressive Painting, Expressive Writing, etc)
- > Mindfulness Exercises (including Meditation, Mindful Movement, BodyScan Meditation, Yoga Nidra)
- > Principles of holding safe space and Share Circles

**Recorded Training Modules include:**

- > Mindful Art and Meditation Resources and Recommended Reading
- > Mindful Art and Meditation Module Recordings and Exercises
- > Experiential practices and Facilitator methods and techniques

**Bonus Materials include:**

- > Deepening your Practice with a 40 Day Challenge
- > Designing and Marketing your Workshops

# Commitments

"The commitment to love always transforms, heals, and opens new avenues of creativity." Gary Zukav

The desire to relax and create is strong for many, however, many people feel overwhelmed, too tired, or our Inner Critic rears its ugly head and we feel our work isn't good enough. Through our time together, we'll explore a consistent Mindful Creative Self-Care practice which will not only support YOU but also inform your teaching and facilitating in the world. **Commitments during training:**

## **Daily: "Morning Musings" Practice**

Including 5-30 min of a Mindful Art morning practice in your Art Journal(s)

## **Weekly: Training Modules**

One recorded training module weekly including Trauma-Sensitive Guiding Principles, Mindful Art and Meditation practices, and Facilitator tools and techniques

## **Certification Requirements:**

Complete Training Modules, included Handouts and Mindful Art exercises, as well as scheduled Final Practicum and Review. Additional details in later modules

## **Optional:**

1-on-1 Coaching Calls (if included in your package) and live Zoom Group Call (also recorded)

# Module 1

"Creativity is experimenting, growing, taking risks, breaking rules...and having fun." - Mary Lou Cook

## Module 1 includes:

- > Overview of the Mindful Art and Meditation Teacher Training
- > Tune-In, Clarify Intentions, and Design your Creative Self-Care Plan
  - > Journaling prompts to notice what Creative practices spark Joy
  - > Life Balance Wheel and Self-Reflective Writing Prompts
- > 8 Creative Solutions to support a daily creative practice
- > Required Readings (Articles) regarding Trauma, Art and Mindfulness
- > Recommended Readings (Books) and optional Community Sharing

## Highlights of what we'll begin exploring in Module 2:

- > What is Mindful Art and Meditation
- > Benefits of Mindful Art and Meditation
- > Trauma-Informed Principles and the Nervous System
- > Format for Facilitating Mindful Art and Meditation Workshops
- > Mindful Art and Meditation practices

# Tune-In & Intentions

PROMPT 1 Please list 5 Hopes and Intentions you have for this Training.

PROMPT 2 Begin to notice any Sensations you feel in your body (such as warmth, tingling, quality of breath, etc)

PROMPT 3 In your Mind's Eye imagine a Scene describing how you're feeling in this moment. Please describe this Space in a sentence or two.

PROMPT 4 Please share 5 words that describe how this Space feels. Take 5 min to express your intentions through mark making and words in your Journal

# Creative Struggles

## 8 REASONS WHY YOU MAY NOT MAKE ART

- Not knowing where or how to start.
- Not having an consistent and comfortable place to create.
- Feeling Overwhelmed by too many ideas or art materials.
- "Who am I?" Suffering from Imposter Syndrome or a harsh Inner Critic.
- You're a Procrastinator (Don't worry, you're in good company!)
- Comparison Fatigue: Feeling worried everything has already been done.
- You're Blocked. You may be bored or feel uninspired.
- You're too Busy aka you're not prioritizing your art or Creative Self-Care.

# Creative Self-Care Solutions

## 8 SUPPORTIVE STEPS TO CREATE DAILY

Blank Page? Make quick scribbles or marks to begin. Writing? When you feel stuck, write "I have more to say" repeatedly. Something else will come!

Create your own Space. This can be a simple art desk or corner of a room. Keep your writing and art supplies here so you can create anytime.

Experiment with Creative Limitations: Focus by using an art prompt or limiting your art supplies. Sometimes less really is more!

Explore Self-Compassion Meditations and Mindful Art Activities to comfort and nurture your Inner Critic. Try the Inner Critic Letter exercise below.

Write down one Next Step. If it feels too big, break it down. Continue to break down these steps until you can begin. Take it one step at a time.

Remember even if something has been done, it hasn't been done by YOU. Like a fingerprint, each of us (and our art) is unique.

For inspiration, flip through your favorite magazine. Collect 10 images you feel drawn to or repelled by. Notice patterns & themes. Create something...

Begin a 5-10 min Morning Art Practice for Creative Self-Care (including 5 min Mindful Art Experiments daily to de-stress and express your creativity!)

WHEN do you feel most creative?

WHAT do you enjoy creating?

# Joyful Creating

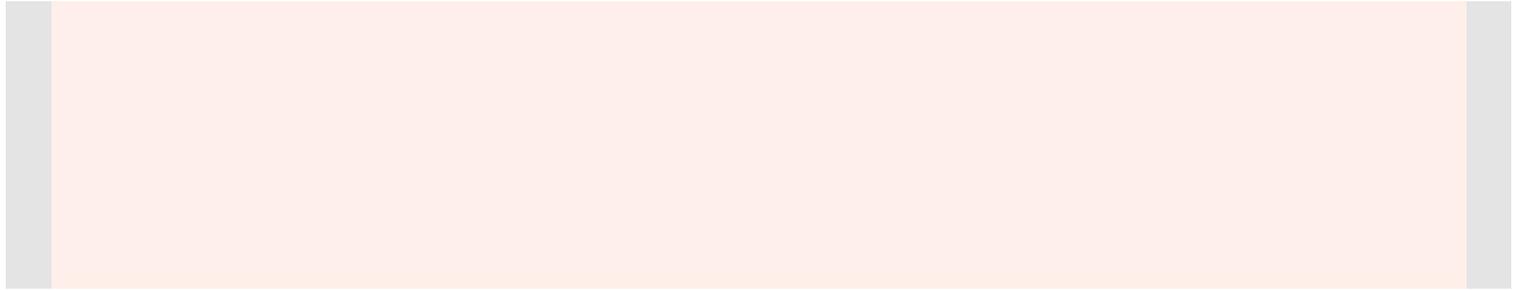
NOTICE WHAT SPARKS YOUR CREATIVE MUSE

WHO would you like to serve?

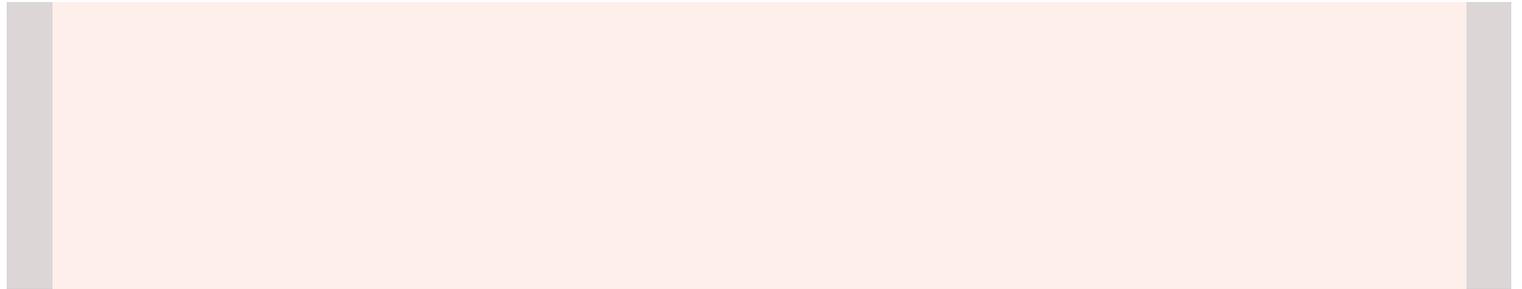
WHY do you want to be a Facilitator?

# Creative Self-Care

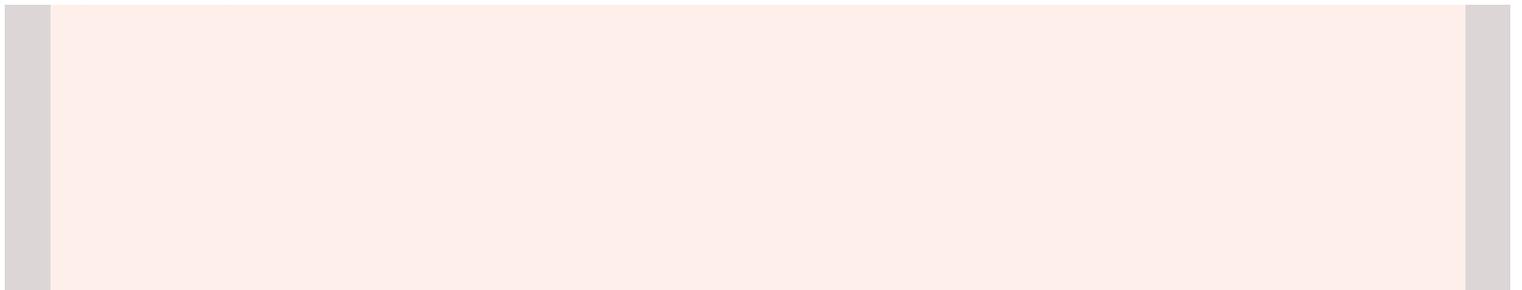
PROMPT 1 List 10 creative things that sound FUN! (type of media, activity, etc)



PROMPT 2 When was the last time you tried this? If never, why not?



PROMPT 3 Choose a FAVORITE. What's holding you back? What do you need?



PROMPT 4 Complete Wheel of Life Worksheet at [bit.ly/wheeloflifepdf](http://bit.ly/wheeloflifepdf)

# Next Steps & Support

- Complete Overview & Module 1 Recordings
- Complete Module 1 Handout, Exercises, and Wheel of Life Worksheet
- Create your own Sacred Space. This can be a simple art desk or corner of a room. Keep your writing and art supplies here so you can create anytime.
- Complete "Morning Musings" daily practice (as best you can). Have compassion for yourself - it's called "practice" for a reason :)
- Connect in Community: Comment in Training Group page and share your art on Instagram, Twitter, and Facebook for accountability, inspiration, and connection tagging #artandmeditationteachertraining @mindfulcreativemuse
- Complete Module 1 Required Reading (Articles)

"This is the season she will make beautiful things, not perfect things, but honest things that speak to who she is and who she is called to be." - Morgan Harper Nichols

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