

“Show Me Your heART”

Mixed-Media Art Explorations

Creative fun that’s uniquely you!

Through eclectic materials, unique insights, messy fun, and guided prompts, Show Me Your heART inspires people of all ages to discover creativity as a means of personal expression and making beautiful, personal art. Through mixed-media art, participants will discover what being in the “flow” of creativity feels like, and use art as a way to navigate through life’s messy detours.

- ✓ Learn secrets of a self-taught artist
- ✓ Out-create your inner critic
- ✓ Mingle, laugh, improvise, and experiment
- ✓ Learn creativity as a *mindset* and challenge old thinking patterns
- ✓ Create a unique masterpiece that only *you* can make!
- ✓ Learn essential art techniques in a digestible, fun manner
- ✓ Work with new materials and learn radical applications for everyday materials!
- ✓ Learn creative skills to take outside the art studio and into your life
- ✓ Collaborate & strengthen strategic thinking

Ideal for:

- Kids
- Adults
- The kids in all of us!
- Group functions
- Parties
- Book clubs
- Private workshops
- Schools
- Team-building exercises

Amy will introduce new materials, such as spackle, gesso, embroidery, sketching tools, print-making tools, stamps, paints, and various embellishments. Each workshop centers on a specific theme that can be chosen or customized beforehand.

Amy specializes in acrylics, mixed-media, and collage. Her first solo art exhibit, *Journey Into Daylight*, featured over 70 original works, spreading her message of hope in the darkest of times, and the celebration of life. Since then, she has mounted solo exhibits at Discovery Museum, Temple Shalom, Picture This Gallery, and Ridgefield Tusk and Cup Fine Coffee. She has also participated in juried exhibitions at Blue Lemon, Beechwood Arts Gallery, City Lights Gallery, G & B Cultural Center, Carriage Barn’s Art in the Windows, and Ridgefield Art Walk. Her show “Coming hoME, Finding heart” accompanied the grand opening of the Prescott Tavern, in Amherst, MA. Her work has also been featured in various boutiques, such as Palooza in Fairfield CT, Hazel Daze Boutique, and has been featured on NBC’s TODAY Show with Kathie Lee and Hoda. Amy’s work is currently for sale on her website www.amyoes.com, and her Etsy Shop, AllspiceAndAcrylics.

“As a former patient, I know the healing power of art. My goal is to help others express themselves creatively, to find their voice in difficult times, and to recover their sense of self in uncertain circumstances. Creativity was my roadmap where there was none, my anchor when times felt uncertain, my lifeline back to myself, my way to express emotions too overwhelming for words, and an empowering tool to feel as though I were co-creating my circumstances along with the universe. With fun, tactile materials and open-ended ideas, I aim to inspire others with tools that enabled me to keep my spirit alive.”

Contact Amy for more information:

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