



Digital Access Program

## **MEDITATION FOR ARTISTS**

Created by STG Teaching Artist: Samantha Canela

This curriculum is tied to an interactive lesson plan:  
<https://www.youtube.com/watch?v=bp1CoX0l4Y8>

**Description:** This class will go through simple warm up, main practice, and closing practice that can help artists stay mentally centered during tough times, in order to stay focused on whatever art they choose to pursue.

**Goal:** Take care of our mental-emotional-physical self to help us grow as artist's and deepen our practice.

Grade(s) /Age(s): adults	Video Length: 15 minutes
Materials: journal/paper, pencil, timer, cushion. *Optional: Insight Timer App, flickering battery candle	Space needs: space to move

### **WARM UP**

Taking care of our mental-emotional-physical self will help us grow as artist's and deepen our practice.

Creating a safe space/mindset with which to enter an artistic process can help one tap into deeper parts of themselves. It helps build the habit of our work as a practice and not a reactive response to unpredictable stimuli.

### **EXERCISES/ACTIVITIES**

#### **Guided Meditation**

- Find your meditation position: Cross Legged/ Kneeling/ Chair/ Lying down (less recommended)/ Back against the wall
- Turn on a battery-powered candle (optional)
- Start your timer

- Deep breaths

### **Free Write**

- Set a 5-minute timer and free write in your journal.
- This can help release any emotions, thoughts, or experiences that might've come up during meditation.
- Guiding questions:
  - How did you feel? What came up during meditation?

### **Adaptation or Focuses**

- Add movement like yoga or simple stretches
- Longer meditation period
- Switching things around (free write first and meditation second)
- Focus/visualizations meditations (can use meditation apps for support)
- Anything you need!

### **CLOSING**

Homework: Continue with your Meditation practice. The more you do it the easier it will get!

- Celebrate yourself for allowing yourself to explore your impulses in a creative way. This can be in form of a self-hug, air high five, or just a smile!
- Keep doing these activities as much as you want.
  
- Push yourself outside your comfort zone and remember to ALWAYS HAVE FUN!

### **SHARE YOUR FEEDBACK**

We appreciate and welcome your feedback! You can share your experience from any of our pre-recorded video sessions with us in this anonymous survey - <https://www.tfaforms.com/4765455>

### **SHARE A PHOTO/VIDEO**

If you tried any of these activities, please feel free to share a photo or a short video! We'd love to share what people are doing via our socials!

- Instagram @stgpresents
- STG Facebook page- <https://www.facebook.com/stgeducation>

## **ABOUT THE TEACHING ARTIST**

### **Samantha Canela**



Samantha Canela (she/her) is a proud mixed latinx artist-creative-type and San Diego native currently exploring South Korea as an English teacher, learning about the world, and deepening her work as an educator. She's a graduate of Cornish College of the Arts where she majored in Theatre with an emphasis in Original Works. Her most recent projects include assistant directing both *Juan Palmieri* with Thriving Artists and *El Niño de Cabeza/The Upside Down Boy* for Book-It's educational tour. As a performer, she was last seen playing Medjo in *The Great Inconvenience* with Annex theatre and understudying for The Prince in *The Little Prince* at the Seattle Children's Theatre. Additionally, Samantha has worked as a Teaching Artist for Seattle Theatre Group's Disney Musicals In Schools.