

# THE ART OF BEING

## Wellness Art Workshops for K-12 Schools and Advance Education -

*Visualization, Meditation, Reflective Journaling & Art*

**My Safe Place Landscape** Students learn a visual technique and create artwork that symbolizes their safe place to promote and integrate calmness and stability in stressful situations.

**Tree Meditation & Art** Students learn to ground themselves into the present moment, become self-aware, feel safe, regulate emotions, and connect more deeply to nature through art.

**Sacred Circle Meditation & Art** Students learn how to create a sacred space within, discover their relationship with nature, learn about their gifts & strengths, and develop the feeling of belonging through art.

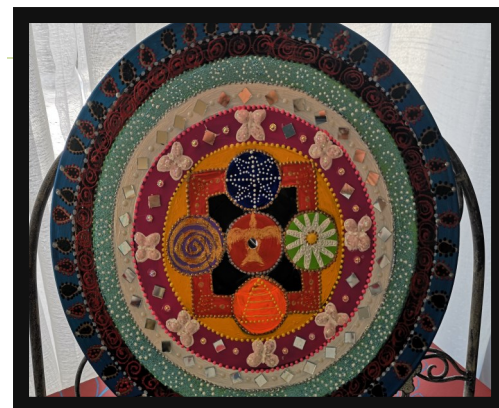
**Medicine Wheel Art Mandala** Students learn the basic concepts of the four directions, connect to their internal compass, create an art mandala that provides direction for spiritual, emotional, physical and mental growth.

**Star Blanket Art Renewal** Students learn how to let go of negative self concepts, transition from needing acceptance to believing in one-self, and learn boundaries and balance through art.



*Kitaskinaw School had the privilege of having Angie Hall do a meditative session and sharing circle with the staff. We commissioned her for a beautiful painting for the school. The painting portrays the sacred connection between children and the wisdom carried by our Elders.*

*Thank you, Angie, for your amazing work.*



AguenusArt

- Art sessions are approx. 90-120 mins
- Most sessions can be adapted to suit any grade level
- Professional Development available
- Includes First Nations, Métis and Inuit Ways of Knowing
- Workshops meet many of Alberta's K-12 Curriculum Outcomes

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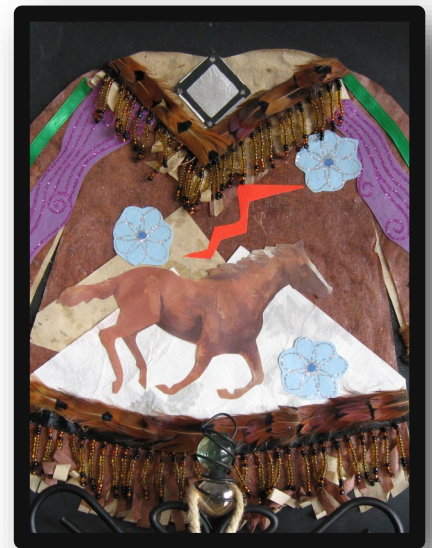
**Rites of Passage Art Mandala** *Students learn the natural steps towards self actualization, free their minds and emotions stuck in the past, connect to & renew their own source of empowerment.*

**Talking Stick Transformational Art** *Students connect their minds and hearts with symbolic art and voice their truth in a healthy way.*

**Métis Flower Dot Art** *Students learn the wisdom of flowers and their medicines, explore why the Métis are known as the Flower Bead Work People, and create flower beadwork art. Very Meditative!*

**Dressing up Your Spirit** *Students explore the beauty of their spirit, learn the magnificence of First Nations Pow Wow dance & regalia, create their own regalia artwork that reflects their connections to the natural world and universe.*

**And More (Cree Constellations Star Art, Redesigning History-Ledger Art, Dreaming for a Better Future-Dreamcatcher Art)...**



Métis Flower Dot Artwork

## COST

- Whole class session: \$16 per student, art materials included. Max 40 students and minimum fee \$250.00
- Full Day: \$650.00 plus cost of materials. Half Day: \$350.00 plus cost of materials. Full week or more: \$600.00 per day plus costs of materials
- Virtual Art Sessions available at \$200.00 per session. Art materials provided by school (no limit on number of participants)
- Travel fees may apply

# ARTIST IN RESIDENCY & ART COMMISSIONS



*Artist In Residency Grant  
Available: Alberta  
Foundation for the Arts  
Deadline May 1, 2025*

[Artists and Education Funding | Alberta  
Foundation for the Arts \(afta.ab.ca\)](https://www.afta.ab.ca)

*For further information  
about residencies or art  
commissions contact  
Angela Hall, at  
[aguenus@gmail.com](mailto:aguenus@gmail.com)  
and check out my website:  
[www.aguenusart.com](http://www.aguenusart.com)*



## My Spirit Horse

*In the sea of sands lives freedom.  
A black coat of rainbows,  
Earned by walking the fires of  
Humanity.*

*Holding his position of honesty.  
Galloping his truth.  
His call reaches the edges of our  
Insanity.*

*What becomes of us as we stretch  
onward into the void?*

*What gives us the courage to move  
beyond the rippling horizon?*

*Knowing a soft wind could change  
our direction and erase our history at  
any moment.*

*This beautiful Stallion whose dance  
appears effortlessly:  
Zigzags and leaps of boundless  
energy.  
Changing sands into water and water  
into sands.*

*Why have you chosen me?  
I am certainly no match for such  
strength and grace!  
I am weak from all life's struggles.*

*But just the same I learn what I am  
made of and inspire others to feel  
his mane.*

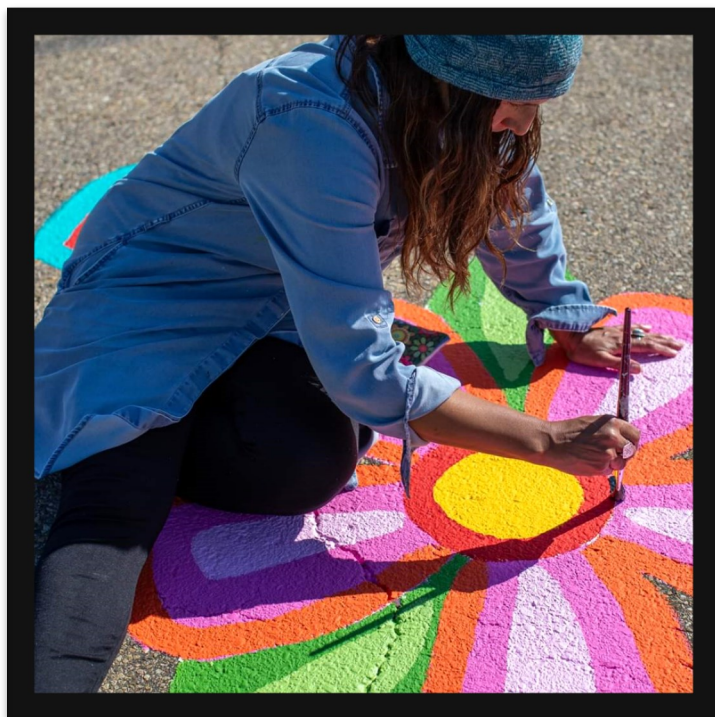
*He standing so tall I struggle to wrap  
myself around him.*

*Aware of my insecurities we start off  
slowly, faced forward,  
Never looking back.*

*Soon we take flight and leave the  
unnecessary behind to make room  
for miracles.*

*My Métis drum beating in time with  
this Arabian breed.  
I am transformed with the purest of  
hearts.*

*Learning that purity is not the blood  
that runs within the veins,  
But the faith within the soul.*



## Angela Hall

**Angela Hall, Aski ka na kwa ha mo wa tam (She Who Sings With The Earth) is a member of the Métis Nation of Alberta. Angela discovered her gifts of art and poetry later in life. Inspired by the empowerment she experienced through creating her art pieces, Angela began her graduate studies in Art Therapy. Angela is a certified teacher, with graduate level courses including drama therapy, expressive arts therapy, play therapy, psychotherapy, trauma recovery, and grief & loss.**

### Credentials

- Bachelor of Education Degree, University of Alberta
- Trauma Recovery Certification, Taking Flight International
- Spiritual Informed Creative Arts Graduate Certification, St. Stephens College (June, 2019)
- 250 hours of practicum experience in Psychotherapy, Grief Therapy, Trauma Therapy & Art Therapy
- Certified Teacher, 30 years of teaching experience
- Recipient of Outstanding Indigenous Educator, First Nations, Métis and Inuit Education Council, ATA
- Published Poet, Honourable Mention for Kemosa Scholarship
- Commissioned Visual Artist with Bearclaw Gallery and AFA Traveling Art Exhibitions (TRES) Alberta Art Gallery
- Winner of the 38th & 41st annual Peace Hills Trust Indigenous Art contest

**Angela Hall**  
**Artist & Indigenous Education Facilitator**  
**Stony Plain, Alberta**  
**Email: [aguenus@gmail.com](mailto:aguenus@gmail.com)**