



Art, Yoga & Meditation for Kids

What is SPARK?

SPARK is an art, yoga and meditation program for kids designed to cultivate each child's creative "spark" while teaching collaboration, confidence and community across these various disciplines.

- Founded in 2015 by Artist Sebastian Alappat
- For children ages 5 and up
- After-school or on site program at studio/school
- Started in New York City - Upper West Side
- Ala carte programming available per school's needs
- Transitioned to online post Covid-19 to create an online business element

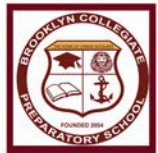
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AFTER SCHOOL

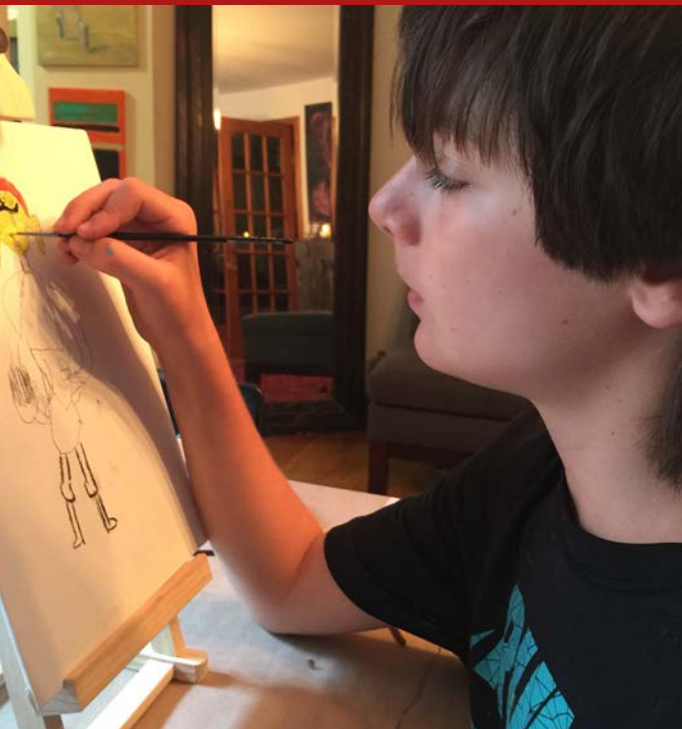
- Smaller classes from 6-10 students for individualized attention
- Classes can be held on site at school
- School may choose one or combine art, yoga or meditation
- Spark Teaching Artists bring their unique talents to each school

Spark is proud to be at the following schools:



ART PROGRAM

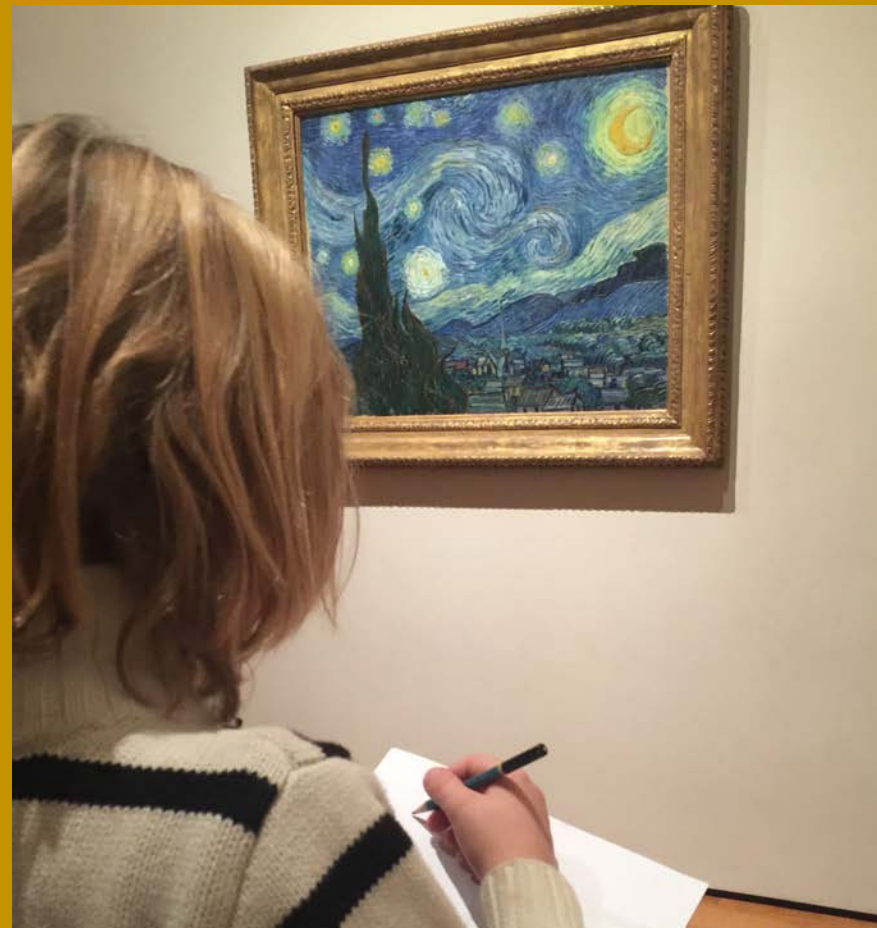
- Lessons taught by a Teaching artists
- Private classes held both indoor/outdoor in studio & gallery
- Immersion into both art education and art history
- Introduction and experimentation of various mediums such as drawing, painting, design, sculpture and more
- Spark Student Gallery online - collective of all student work



FIELD TRIPS

- Inspired field trips on school holidays and closure days to New York City's best museums
- Artists are given sketchbooks and ample opportunity to observe and draw some of the world's most famous art
- Questions are posed leading to discussions about art
- Gather inspiration that we bring back into the studio

Featured visits to: **The Met, MOMA, The Guggenheim, American Museum of Natural History, Cooper Hewitt**



YOGA

- Wee Yogis® certified Yoga Instructor
- Students learn how to move their bodies in a healthy and conscious way
- Fun and engaging yoga classes to build physical and mental strength and resilience
- Poses taught to improve flexibility of mind and body
- Emphasis on proper use of breathing
- Benefits include better attention and focus, increased body awareness plus coordination, stamina to help establish healthy habits



MEDITATION

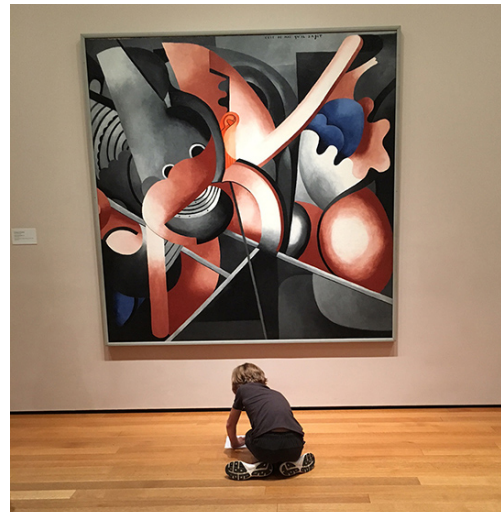
- Certified as Mindful Educator through [Mission Be](#) ®
- Children become more self-regulated, happier and peaceful
- Learning to sit quietly and turn their attention inward
- Reduce stress while increasing resilience and focus
- Raise emotional intelligence and self regulation, empathy and well being
- Improve school climate and strengthens relationships



PRESS:



[Sparking Creativity in Kids](#)



[New York's Budding Artists](#)



[Program Spotlight - SPARK: Art & Meditation for Kids](#)



THE HUFFINGTON POST

rose & rex

[Read our reviews on Yelp:](#)



Artist & Founder - Sebastian Alappat

- B.A. in Fine Arts & Computer Science
- Artist/Designer/Art Director for 14+ years
- Founded Spark in 2015
- Created the annual Backyard Art Show
- Teaching and working New York City Artist
- Wee Yogis® certified Yoga Instructor
- Mission Be® certified Mindfulness Educator
- Retreat Leader - thewellnessretreats.com

View my work:

theartofsebastianalappat.com

Visit my studio:

www.alappatatelier.com

Starting the SPARK...

With a unique curriculum, multi-disciplined programs and incredible instructors, SPARK presents several offerings to cultivate the creative side of children. Using art, yoga and meditation, there are several many ways we can work together to enhance the students' experience. We are empowering artists while fostering and cultivating the artists of the future. Pick your passion based on what your school needs.

- *In school or After school Art program*
- *Art, Yoga & Meditation classes*
- *Mindfulness education training*

For more info, please contact:

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