

WELCOME TO

THINK

&
Paint

CURATED BY
JEFF KENZ

FOUNDER OF T&P
EMCEE AND VISUAL ARTIST

Peace Soho Painters !

Tonight will be a gathering for conscious conversation and art creation. With guided prompts to make you think and a blank canvas for you to paint, Think & Paint encourages you to exchange unique and intimate life perspectives, both visually and verbally.

Don't forget to share your painting with us on social media!

Thank you for joining our community!

We affirm you will have an enlightening experience.



THE ART ELEMENT OF HARMONY AND HEALTHY WAYS TO KEEP YOUR HEART AND HEAD IN ALIGNMENT

We invite you to make
yourself comfortable and
create a safe space
together. After setting up
your canvas and paint,
please review this packet
to get you thinking.





What is Harmony?

This is achieved when the elements of an artwork come together in a unified way. Certain elements are repeated yet still look and feel similar. Not monotony and not chaos, harmony is that perfectly honed combination of both.



Examples of Harmony



HEALTHY WAYS TO KEEP YOUR HEAD AND HEART ALIGNED

What does self-harmony
mean to you?

How do you achieve self-harmony
in your daily life?

What are some practices or
activities that help you maintain
self-harmony?

How do you balance your physical,
mental, and emotional well-being
in such a chaotic world ?



What role does self-reflection play in finding peace within yourself?

How do you handle conflicts or challenges that disrupt your inner harmony ?

What are some signs or indicators that you are out of alignment with yourself?

How do you prioritize self-care physically and mentally in your busy schedule?



What are some strategies you
use to cultivate self-
compassion and self-
acceptance?

How do you create a
harmonious environment
around you to support your
head and your heart?



**SHARE YOUR
ARTWORK!**



@_ThinkandPaint

@_JEFFKOONZ

@SohoHouseChicago



JEFF K%NZ ART

PRICE LIST

CANVAS

8X10	\$100
16X20	\$250
24X30	\$350
3FT X3FT	\$500
5FT X 5FT	\$800
OVER SIZE	\$1000+

4X6	\$12
5X7	\$15
6X8	\$20
6X10	\$25
11X14	\$35
13X19	\$50

PRINTS

MURALS

5FT X 8FT	\$1000
8FT X 14FT	\$1500
14FT X 20FT	\$2000

SUBMIT INQUIRIES VIA THINKANDPAINTGR8@GMAIL.COM