# MELGOME TO







#### 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.

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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.





#### THE ANDRE MEYER GALLERIES THE METROPOLITAN MUSEUM OF ART

#### 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**







## **B**S

#### 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 selfcare physically and mentally in your busy schedule?

**K**S

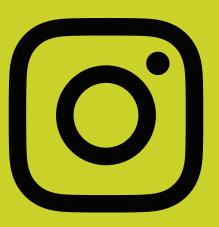
What are some strategies you use to cultivate selfcompassion and selfacceptance?

How do you create a harmonious environment

around you to support your head and your heart?



### SHARE YOUR ARTNORK!



### **a\_ThinkandPaint**



### **a SohoHouseChicago**







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

<b>4X6</b>	\$12
5X7	\$15
6X8	<b>\$20</b>
6X10	<b>\$25</b>
1X14	\$35
0140	<b>650</b>





## MURALS

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

#### SUBMIT INQUIRIES VIA THINKANDPAINTGR8@GMAIL.COM