



# Wellness & Creativity

Corporate Wellness  
& Team Building Programs



Now offering programs in:

- Meditation & Yoga
- Expressive Intuitive Art:  
Create with Paint, Clay, Textile or Multimedia

★ **Lunch + Learn workshops  
available!**

For more information or to book your Wellness Program,  
contact Tiziana D'Angelo  
at 905-303-6377 or [stretchingmycanvas@gmail.com](mailto:stretchingmycanvas@gmail.com)  
[www.stretchingcanvas.ca](http://www.stretchingcanvas.ca)

"The desire to create is one of the deepest  
yearnings of the human soul"

Elder Uchtdorf

# Yoga, Meditation & Mindfulness

The benefits of meditation and yoga are immense:

- Reduces stress, anxiety, depression, tension and blocked energy in the body.
- Increases relaxation and sense of calm and peace
- Improves circulation and oxygen distribution in the body as well as posture, alignment and stamina.
- Enhances sleep, mental clarity, focus and concentration
- Greater emotional stability- self-regulation.
- Compassionate awareness of self and others.
- Greater interpersonal and social connections

We help you make meditation and yoga easy!

Let us guide you through a practice of self-compassion with meditation, breathwork and easy movements of the spine that you can do at any time, even at your desk.. Gentle yoga stretches with opportunity to deepen or create ease in your practice making sure to always listen to the wisdom of your body. To end your session, allow yourself to drift into relaxation. with essential oils (optional) and music to take you deeper into your surrendering and softening.



## Intuitive & Expressive Art

Allow yourself to PLAY with interesting materials! Our Art Programs are intuitive, expressive, creative and FUN! We begin by guiding you with a short five minute meditation to bring your awareness inward, to center and become grounded. By going within, we feel safe and supported so that we can allow ourselves to express freely and play! Enjoy a fabulous encounter with materials. We bring all the supplies and create a space that allows for unlimited possibilities to explore, invent and ignite creativity. Guidance is given on your creative journey or allow your energy to guide you to where you want to be and go! Feel your magnificence and realize your connection to each other and all things. Allow this energy to infuse into your workspace and life!

### OPTIONS

**Create Individual Art Projects:** Create on your own and choose from the following- PAINTING, CLAY, FIBER & TEXTILE or MULTI\_MEDIA COLLAGE. Guidance and support is provided.

or

**Create a Collaborative Project:** Together with your colleagues create a collaborative piece that you can display in your office and workplace! We promise, this is an unforgettable and feel good activity that will bring joy to your heart and your day every time you see it!

or

**Create an Individual and Collaborative Project** (min 2 hours required). We customize projects incorporating your company's product and mission.

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