



R.I.S.E. INC

Restoring Individual Self Expression In Community

Hello and welcome :) Hope you are thriving!

We cannot wait to offer you this intensive 3 full days of radical healing through creative arts centering creativity, education, your authentic voice & wellness. We hope these workshops will bring awareness of healthy relationships with self, and how we can build community through collective power and RISE!

We hope to connect, listen, spark dialogue, guide and support you to **RISE UP**, speak **OUT**, *reflect* by nurturing the body, mind, and spirit. We invite you to learn new perspectives on wellness and restorative practices for a higher quality of life.

Self care is love. Love is respect. Do I respect myself enough to love myself? What is consent? How or when do I set healthy boundaries for myself? What changes do I want to see, for me

and my community? What do I dream the future to look like? What is arts based activism? What is collective power? How does self love intersect with collective care and power?

Seasoned facilitators will provide **education**, **creativity** & **wellness** platforms (ie. art, music, creative writing/poetry, yoga, meditation, dialogue, zine making). There will be staff available from Alianza, Girls Inc, and Survivor Theatre Project to provide any guidance and support you may need throughout your experience at RISE INC. We look forward to connecting and building a brave space for authentic voices to rise & speak truth to power, heal and love. Together.

Please bring anything you feel will be of comfort to you. For example, a favorite stuffed animal, blanket, a book, picture or painting, stones/crystals, push pop bubble sensory toy, anything that soothes you and brings you comfort are all welcomed :) We encourage you to wear loose comfortable clothing for yoga, drumming and movement. And remember, to stay hydrated :) We will make sure to have water on deck! And of course, some yummy food nourishments will be provided for breakfast and lunch.

The ARTIST FACILITATORS & Workshop Titles:

TUESDAY APR 19

Angelica Lopez: *Take Up Space!*

Irène I-SHEA Shaikly: *Mi Ritmobeat! Todo Viene del Corazón*

FRIDAY APR 22

Kaia Jackson: *Saying "YES!" to Yourself- A futuristic Writing Workshop*

Jacey Eve: *Honoring Your Joy - Opening to Play & Possibility*

SATURDAY MAY 7

Leila Zainab: *Arts Activism in Action!*

Olivia McNeill & Sofia Meadows: *Zine making & Self Expression*

I can't wait to meet you all and look forward to seeing you soon :)

- I-SHEA, from *Survivor Theatre Project's Leadership Team Collective*

Survivor Theatre Project's mission is to equip survivors and youth with the tools to break silence and end sexual violence through social justice, empowerment, creativity, and public performance. Survivor Theatre Project offers high quality, trauma-informed performance art and healing arts programs, workshops, and trainings for survivors of sexual violence, as well as communities and practitioners that desire to heal and transform our world from a culture of rape and violence, into a culture of accountability, consent, respect, and love.



Take Up Space!

by Angelica Lopez

April 19, 2022; 11:00am - 12:30pm

This 1.5 hour yoga session is an invitation to find grounding in body, mind, and spirit so that you can express yourself fully in the world. This class offers slower paced movements focusing on alignment, inner strength, and mindfulness that allow the body to release and re-energize. In this practice you are encouraged to do what feels best for your body at all times. All levels

are welcome. After the 1-hour session there will be time for a check-out as well as an art session in which you are invited to take what you know about yourself and express it in a way that is true and beautiful to you.

Angelica (she/her) was drawn to the beauty of yoga in her early teenage years. However, it wasn't until college while struggling with grief and a history of trauma that she learned the healing power of yoga. After a decade of committed practice, Angelica

decided to pursue yoga teacher training in order to assist others in finding tools to heal themselves. She graduated from Yoga Sanctuary's 200-hour yoga teacher training program in January 2020. She has since completed several trauma-informed training programs with various organizations including The Veterans' Yoga Project, Yoga 4 Cancer, Transcending Sexual Trauma through Yoga, and The Prison Yoga Project. Angelica offers trauma-informed, strengths-based, flow yoga using philosophy, movement, and alignment cues to help her students find their sense of agency and empowerment within. Her goal is to treat people like people, always trying to make space for Every Body to connect with themselves and perhaps with the community.



Mi RitmoBeat!

Todo Viene del Corazón

by I-SHEA (Iréne Shaikly)

April 19, 2022; 1:45pm-3:15pm

A self reflective and community building workshop centered around the heartbeat. Drumming with words, movement, communication, and building confidence by channeling your inner rhythms and releasing them out into the world. Mi casa es tu casa. All artistic expressions welcome! *"Dame mi RitmoBeat que todo viene del corazón!"*

I-SHEA (ella/she/her), The Original Jewminican, is a self-identified global citizen, singer/songwriter, percussionist, and theater artist with 20+ years of performing, teaching, and organizing. She has taken her work nationally and across the globe; building connections and a global community through arts and activism.

Saying "YES!" to Yourself:

A Futuristic Writing Workshop

by Kaia Jackson

April 22, 2022; 11am - 12:30pm

What do you dream of saying YES to? When you imagine your future self, how do you want



to feel, and how do you want to connect with others in your community, school, job, family and life? We will use the power of words to make recipes, dreams, incantations, and sci-fi fantasies depicting a picture of the future we want to make real. All you need is your imagination to shine in this workshop :)

Kaia Jackson (they/them) is a healing arts facilitator, community educator and movement chaplain. They will geek out with you about anti-oppressive, trauma-informed and life-affirming practices for being, healing and spiritual caring in community.

Honoring Your Joy:

Opening to Play & Possibility by Jacey Eve

April 22, 2022; 1:45pm - 3:15pm

Dear radical thriver, what sets your spirit on fire? What juices you with joy, my friend? If joy is a power that fuels your expansion, let's get to know it, shall we? Through community celebration, visual arts, and expressive movement, we take a deep dive into the heart of what lights you up. From delighting in the sacredness of simple pleasures to the exhilaration of living our heartfelt dreams, playing from our joy is a radical act. What lights us up is what lights the way. This is how we change the game. Let's play!

Jacey is a Somatic Coach, educator, and survivor-artist who supports radical visionaries to birth their dreams for our world into the here and now. Somatics answers the question: "How do I actually LIVE what I desire?" Jacey is the developer of Embodied Safety, an experiential curriculum that equips healing arts practitioners with pragmatic tools to embody safety so they can serve personal and collective liberation at their highest capacity. They believe that the soft steppers – kind, gentle hearted souls – hold the key to our collective transformation in their humble, powerful hands. To learn more: jaceyeve.com





Arts Activism in Action!

by Leila Zainab

May 7, 2022; 11am - 12:30pm

What is Arts-based Activism? Does art have a pivotal role in impacting social injustices? This workshop will discuss the many ways the Arts, but specifically Artists, have functioned as frontline leaders that name, confront, challenge, and dismantle social and racial injustices. Through practice exercises and group activities, we'll become familiar with various forms of arts activism and the ways they intersect with topics such as: mutual aid, advocacy campaigns, social media blasts, and interactive performance art. Participants will leave with a broader understanding of the functional nature of the arts as a tool for activism, and how groups can utilize the arts to make social impact.

Leila is a queer Muslim, formerly undocumented immigrant, activist, artist, and social justice consultant living on occupied Pocomtuc, Norwottuck, and Nipmuc lands (Northampton, MA). Their 12+ years of movement work resides at the intersections of reproductive justice, racial justice, gender equity, arts-based activism, philanthropy & grantmaking, leadership development, transformative & healing justice. They are the former Director and Leadership Team Member of [Survivor Theatre Project](#). Leila is currently the Director of Development for [Medicine Bowl Giving Circle](#). They are also on the Board of *Mirror Memoirs*.

Zine making & Self Expression



by Olivia McNeill & Sofia Meadows

May 7, 2022; 1:45pm - 3:15pm

This interactive workshop will explore zines and zine-making as a tool for artistic expression, communicating our beliefs and experiences, and reclaiming our voice through community-based writing. We will also discuss the history of zine-making and its roots in feminist and abolition movements. Join us as we get creative and share our stories!

Sofia Meadows, they/she is undergrad student and learner at UMass Amherst's African Americans studies department. They're interested in the history of black autonomous spaces, cooperatives, and anti-imperialist struggles in the Caribbean. She looks to become a teacher in black history to support and uplift BIPOC youth in their journeys of self determination.

Olivia McNeill is a teacher-learner, facilitator, and community researcher who currently lives on Nipmuc and Pocomtuc territories but will always call the mountains of North Carolina her home. Olivia is paying close attention to political education and community-based research that happens in intergenerational communities, and she is working on a PhD in Social Justice Education at UMass Amherst.

Any Questions? Please Contact Us :)



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