

CZECH STUDIOS LLC

Creative Wellness & Meditative Art Workshops for Teams

Accessible, Pocket-Sized Art Experiences for Workplace Stress Relief, Focus, and Team Connection

In-Person (Tampa Bay Area) & Nationwide Virtual (Live via Zoom)

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The Power of Creative Wellness at Work

In demanding corporate environments, constant cognitive load leads to decision fatigue, chronic stress, and team disconnection. Traditional wellness programs often rely on lectures or passive webinars.

Czech Studios delivers hands-on, restorative creative breaks that quiet mental loops, restore focus, and spark authentic team camaraderie. Every session is designed for complete beginners with zero artistic pressure.

Why the Pocket-Sized ATC Format Works

- **Zero Blank-Canvas Paralysis:** All exercises are created on 2.5" x 3.5" Artist Trading Cards (ATCs). This approachable scale eliminates intimidation, allowing every participant to complete 1-3 finished works in a single session.
- **Desk-Ready Visual Anchors:** Participants leave with durable, miniature original artwork that fits easily into a desk stand, planner, or cubicle wall as an ongoing daily cue for calm and perspective.
- **Team Connection & Community:** Teams have the option to swap finished cards with colleagues, creating a supportive culture of appreciation and shared mindfulness.
- **Artisan Sensory Materials:** We formulate our own natural watercolor paints using a proprietary binder of distilled water, gum arabic, pure honey, and clove oil, paired with non-toxic, cosmetic-grade pigments for a safe, tactile experience.

Core Workshop Menu (60 – 90 Minutes | Choose One)

1. Mindful Mark-Making: Doodles for Stress Reset & Mental Clarity

- **The Practice:** Breath-synchronized line work, structured repetitive doodles, and neurographic rounding techniques using waterproof fine-liner pens, accentuated with soft watercolor glazes.
- **Workplace Benefit:** Teaches a 2-minute desk-friendly mindfulness practice employees can use between high-stress meetings to interrupt anxiety spirals and regain clarity.

2. Flow & Release: Intuitive Color & The Art of Letting Go

- **The Practice:** Hands-on exploration of wet-on-wet watercolor dynamics, watching rich pigments blossom and blend across water without rigid control or micromanagement.
- **Workplace Benefit:** A direct antidote to perfectionism and analysis paralysis. Encourages comfort with ambiguity, experimentation, and finding beauty in unexpected outcomes.

3. The Intentional Deck: Meditative Art & Grounded Reflection

- **The Practice:** Participants select a personal focus word or core intention (e.g., *Resilience*, *Clarity*, *Boundaries*), lightly embed it into their card, and build layers of intuitive color and meditative patterns around it.
- **Workplace Benefit:** Encourages purposeful reflection and emotional regulation. Excellent for quarterly kickoffs, wellness retreats, or milestone team resets.

Premium Take-Home Wellness Kit Included (\$45+ Value)

Every participant receives a reusable creative wellness kit in an art canvas tote bag, allowing the practice to continue long after the workshop:

- **Custom Art Canvas Tote Bag**
- **Professional 140 lb / 300 gsm Watercolor Card Pack (2.5" x 3.5" ATCs)**
- **Sakura Pigma Micron Waterproof Fine-Liner Pen**
- **Handcrafted Artisan Watercolor Paint Set (Honey & Clove binder, cosmetic-grade pigments)**
- **Pocket Watercolor Travel Brush & Washable Mixing Palette**
- **Dixon Ticonderoga Pencil & Compact Sharpener**

Flexible Delivery & Logistics

- **In-Person Facilitation:** Available across the Tampa Bay area (Hillsborough, Pinellas, and surrounding counties). Completely turnkey: setup, facilitation, materials, and cleanup included. (Requirements: tables, chairs, and water access).
- **Virtual Facilitation (Zoom):** High-engagement live sessions using multi-camera overhead demonstration. Complete kits are individually shipped to remote team members' homes or bulk-shipped to your office in advance.
- **Group Size:** 5 to 25+ participants (larger cohorts available upon request).
- **Duration:** 60, 75, or 90 minutes tailored to your schedule (lunch-and-learns, retreats, or wellness days).

Ready to Bring Calm & Creativity to Your Team?

To check date availability, request a custom quote, or schedule a 10-minute discovery call:

Contact Taelynna Rowan | taelynnarowan@gmail.com | (413) 212-4324 | www.czechstudios.com