



## **The Art of Wellbeing™ (AWB) Performance Sessions**

### **AWB Performance Objectives**

AWB's objective: Improve the performance and well-being of all healthcare stakeholders by developing, employing, and inspiring new habits of healing and wholeness contextualized in arts experience.

All sessions will employ SIPI (Spontaneous Interpretive Performance Improvisations) which will create individual and group performances and outputs using various arts to illustrate the dynamics of different sensory modalities. Our work will use a variety of forms including Performing Arts, Visual Arts, Music (live and recorded), Literary and Narrative Arts, Graphic Arts, and others.

### **Session 1 “D” Discover how mediators of wellness manifest in life**

**S1 Topics:** Experience, Relationships, Tension and Release

### **Session 2 “E” Examine the Epigenetic Inventory™**

**S2 Topics:** Needs, Self, Culture and Habits, Rich Experience

### **Session 3 “L” Leverage mediators to create standards of wellness**

**S3 Topics:** “Aliveness,” Wellness Inventory, Standards of Well-Being

### **Session 4 “T” Translate standards of wellness into Good Wellness Practices**

**S4 Topics:** Standards and Practices of Well-Being,

### **Session 5 “A” Adapt Good Wellness Practices into a Prescription for Life and Work**

Using the accumulated learnings of this class, students, individually or in groups, will create art objects or performances that reflect one or more of the class topics.