



The Art of Peace Practice, LLC

Provider:

Atabeyra Acosta, CPC, CTAP

Founder, The Art of Peace Practice, LLC

The Art of Peace Learning Lab - *Extended*

Course Description

The Art of Peace Learning Lab - Extended is a small group elective educational program that combines art with mindfulness and social emotional learning. Meeting twice each week, students have additional time to strengthen focus, emotional regulation, confidence, empathy, and resilience through hands-on activities and collaborative learning.

Learning Outcomes

Students will:

- Strengthen focus and attention
- Practice mindfulness and emotional regulation
- Build confidence and self-awareness
- Develop empathy and communication skills
- Strengthen collaboration and problem solving skills
- Explore brain-based emotional regulation tools
- Foster resilience and a growth mindset

Sample Activities

- Mindfulness and breathing exercises
- Process based art experiences
- Brain science mini lessons
- Reflection and journaling
- Emotional regulation practice
- Social-emotional learning activities
- Guided discussions and sharing

Service Format

This service is provided in a dedicated home studio in Hollywood and is designed for small group learning. Students meet for 90-minute sessions twice weekly for 9-weeks.

Provider Qualifications

Instruction is provided by Atabeyra Acosta, Founder of The Art of Peace Practice, LLC.

Credentials include:

- Certified Professional Life Coach
- Certified Therapeutic Arts Practitioner
- 200-Hour Yoga Teacher
- Social-Emotional Learning Facilitator
- Youth Mental Health First Aid

Mission: Helping children develop lifelong tools for creativity, emotional wellness, confidence, and mindful living through enriching educational experiences.