



The Art of Peace Practice, LLC

Provider:

Atabeyra Acosta, CPC, CTAP

Founder, The Art of Peace Practice, LLC

The Art of Peace Learning Lab

Course Description

The Art of Peace Learning Lab is a small group elective educational program that combines creative experiences with mindfulness and social emotional learning. The weekly format provides a strong foundation in emotional regulation, self-awareness, and positive peer relationships through engaging, hands-on experiences.

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.