



Art, Yoga, Meditation  
& Nature for kids

# Spark

In today's fast-paced world, children often miss the opportunity to unplug, reflect, and reconnect with their inner selves and the natural world.

Spark was designed to be a sanctuary where children can explore their creativity, develop emotional intelligence, and engage in mindful practices that benefit both their body and mind.

Through a blend of **artistic expression**, **mindful movement**, and **nature immersion**, we aim to nurture each child's unique "spark" and help them thrive in a balanced, grounded way.





# About Us

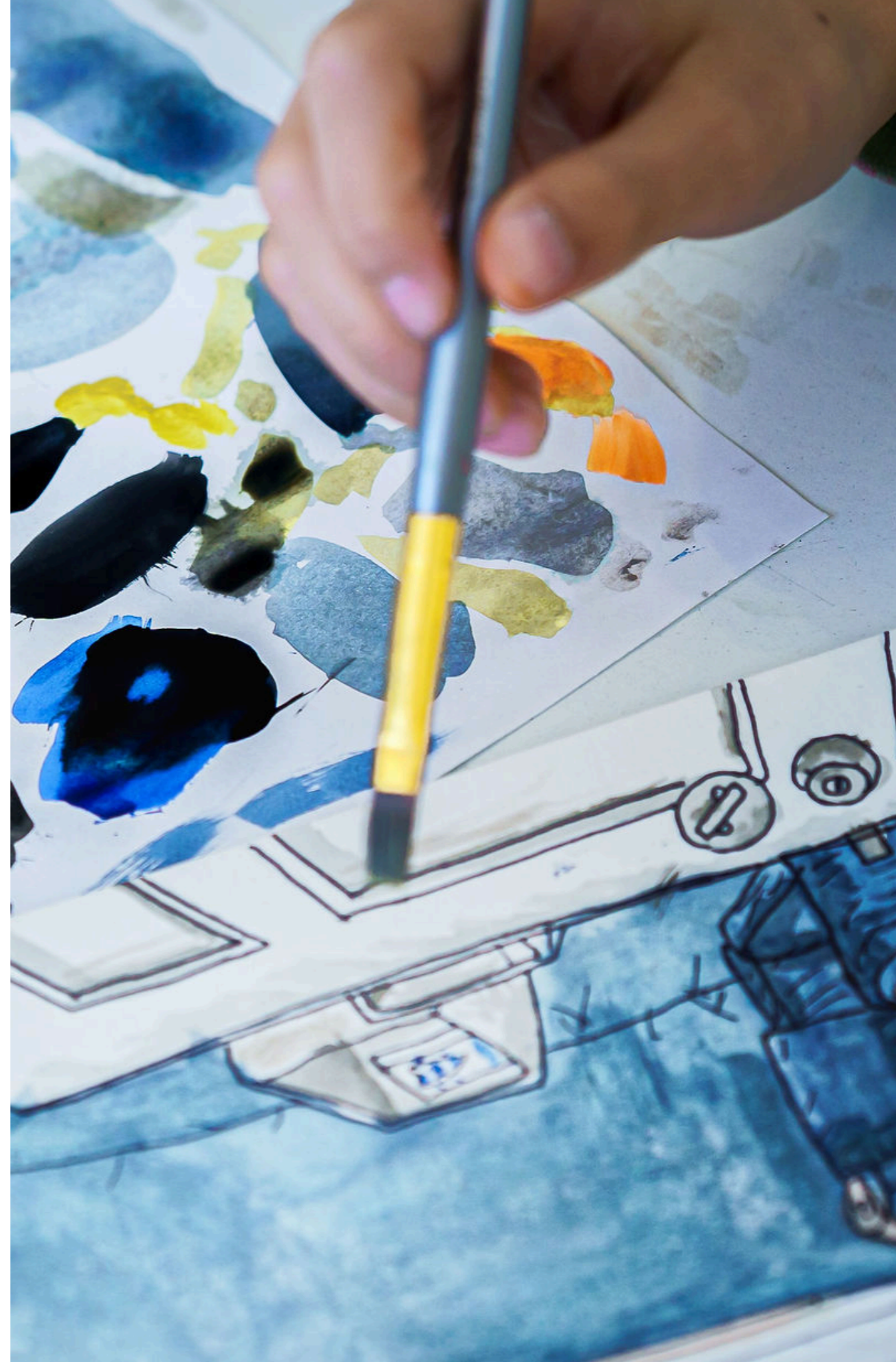
- Founded in 2015
- Worked with thousands of kids in ~10 years
- Running operations in NYC & Pennsylvania
- Upper West Side Studio & Poconos Studio
- For children ages 5+
- After-school provider in 30+ schools
- Holiday and week long camps
- Portfolio Prep program
- Birthday Parties / Private classes / Pods
- Staffed by Teaching Artists
- Nature program created June 2024



# Art

We believe in the power of art to foster self expression, build confidence and serve as a container for growth. This is the foundation on which the program began.

- Curriculums focusing on a variety of mediums such as drawing, painting, collage, sculpture and art history
- Led by a talented team of Teaching Artists
- Multiple week projects that teach patience and cadence



# Yoga

- Different poses taught through fun and engaging sequences and games to make yoga accessible
- Builds strength, stamina and flexibility
- Provides an outlet for physical activity leading to better and improved focus in all areas of their lives



# Meditation

- Allows children to slow down and breathe
- Benefits include reducing stress while increasing a sense of calm and peace
- Leads to happier, healthier kids



# Nature

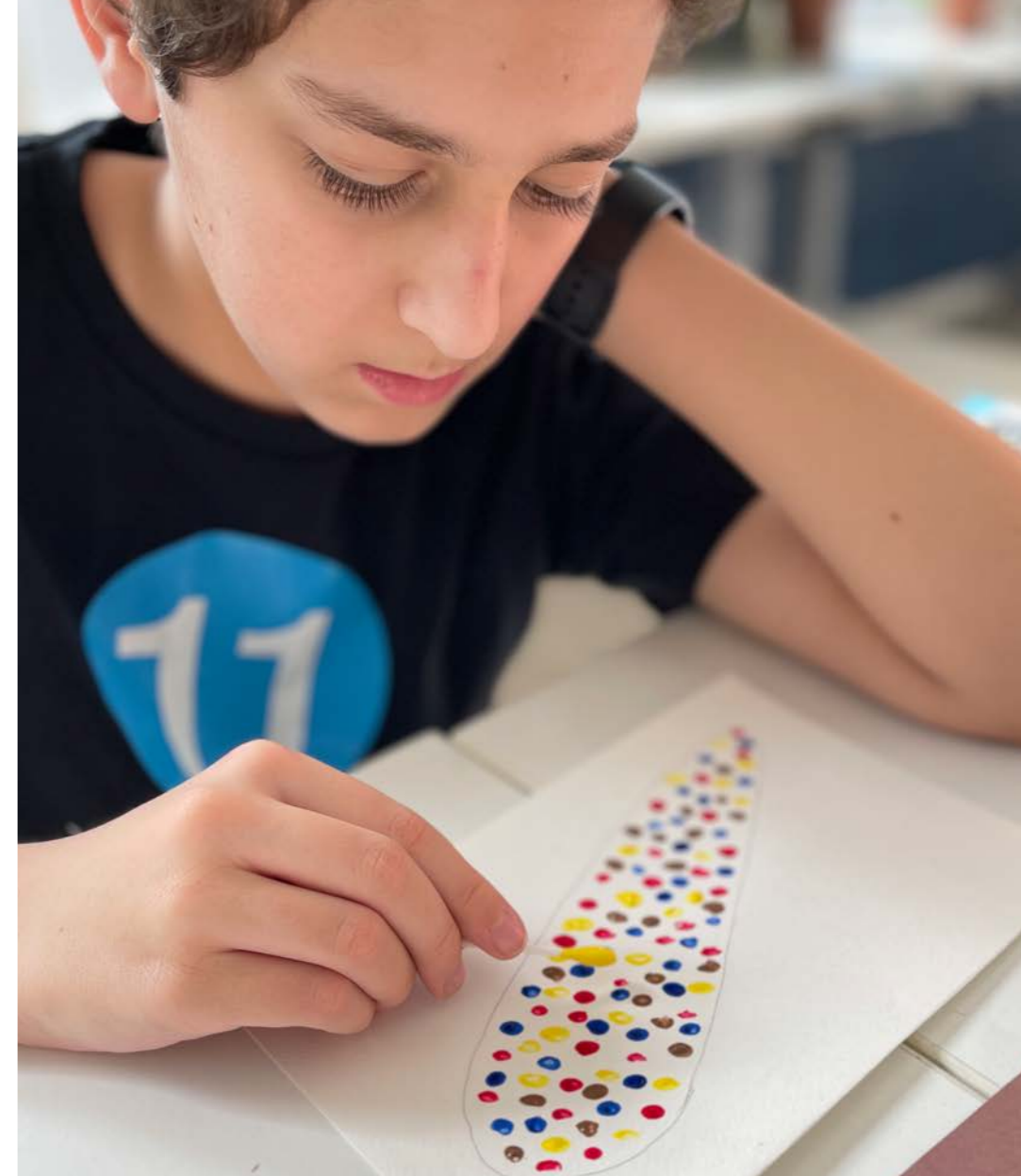
Our *newest* offering, a forest school program is designed to connect children with Mother Nature. Getting kids outside and off screens is invaluable tool to help them develop respect for the earth, healthy risk taking, physical strength and endurance, resiliency, essential life skills, self-directed learning and an appreciation for the natural world.

- Launched a 14 weeks Spark Nature forest school in Poconos - **Sept 2024**
- Forest School programming coming to New York City **Spring 2025**



# After School Enrichment

- Classes ranging from 8-15 students led by Teaching Artists
- After school /push-in programming for elementary & middle schools. We work in public, private, charter & religious schools
- DOE approved vendor / M/WBE certification in progress
- Work with after care providers (KING, Amazing Athletes, Restart)
- School may choose desired focus from our four disciplines
- Pricing based on hours, number of students and length of semester. Includes all art materials/supplies



Town.



# Museum Field Trips

We lead inspired field trips on school holidays and closure days to New York City's best museums. This important aspect of our program puts the children in front of the world's best art.

- Sketchbooks provided for live drawing in the museums
- Onsite discussions about artwork
- Inspiration that the students bring back into the studio

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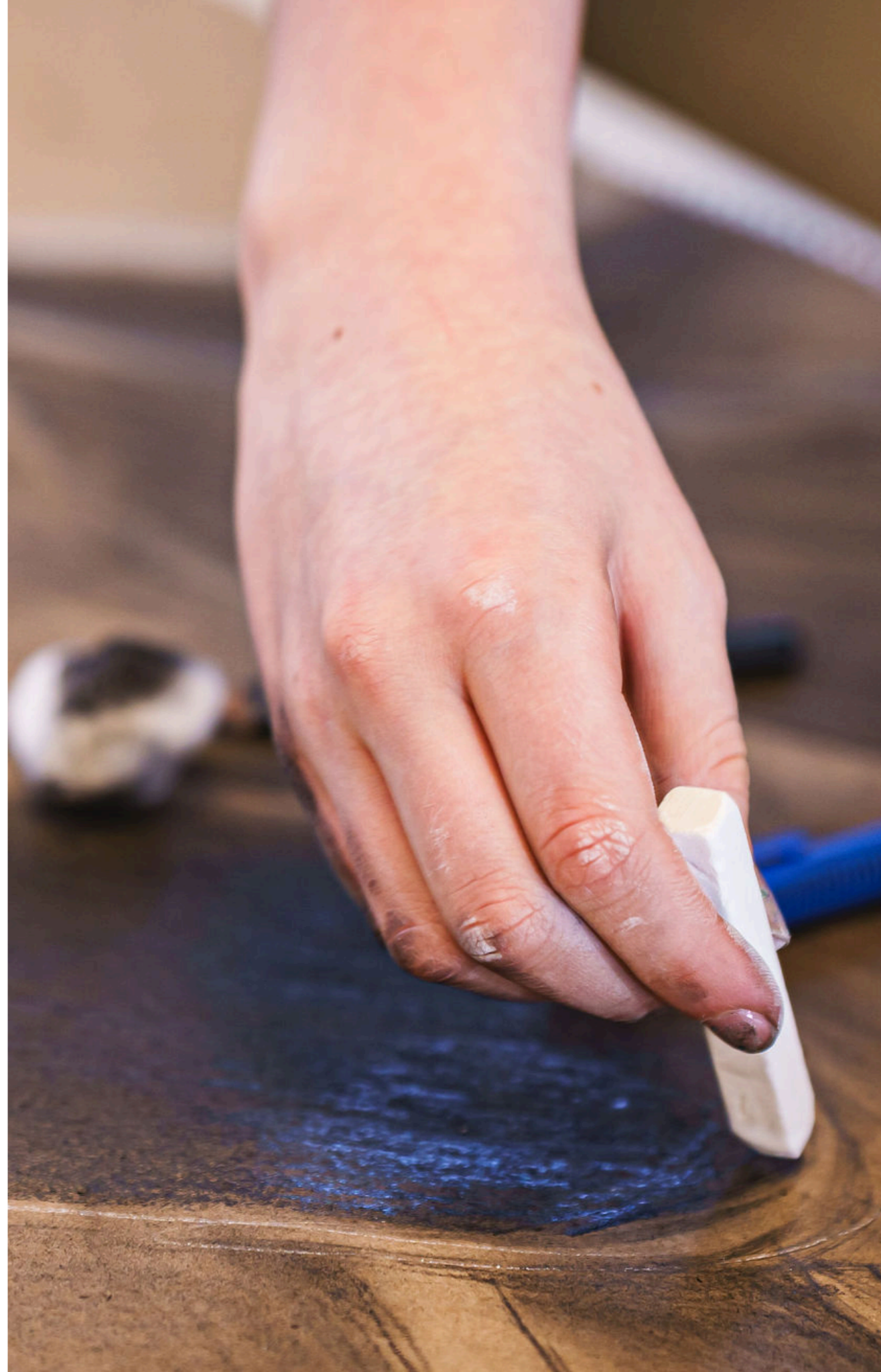




# Portfolio Prep

Since 2016, we have helped families navigate the art high school journey. We bring our expertise as artists and teachers with the intention to help them land their school of choice.

- Assist with initial review and assessment of work.
- Goal list to create expressive portfolios
- Step by step instruction as candidates build high caliber work via private classes, studio class and workshops
- Timelines, deadlines and requirements tracked and shared with student and parents to stay on task
- 90% acceptance rate of getting into preferred choice



# Summer Camps

In 2015, we began with small intimate day camp experiences in our backyard that combined art, yoga and meditation. Now nearly a decade later, we continue that intention to create the best summer day camp experience for children using our four core pillars. We feature smaller camp of mixed ages because we value intimate groups for greater teacher /student interaction. We have brought our camp program to several schools in need of summer enrichment.

- Incredibly fun, supportive and inspiring weeks
- Immersive art making from small to large scale projects
- Yoga classes taught daily
- Meditation - opening and closing circles
- Daily outside time for play and plein air art making
- Museum field trips offered each week
- Visiting Teaching Artists



# Sebastian Alappat

## Artist & Founder

- B.A. in Fine Arts & Computer Science - **Binghamton University - 2000**
- Wee Yogis® certified Yoga Instructor - **2018**
- Mission Be® certified Mindfulness Educator. - **2019**
- Artist & Illustrator - [theartofsebastianalappat.com](http://theartofsebastianalappat.com)
- Creative Director - [sebastianalappat.com](http://sebastianalappat.com)
- Grown program to nearly 30 + schools
- Teaching & Working Artist in NYC and PA
- Devoted husband and father of 3





Simply put **there's no program** like Spark. Using art, yoga, meditation and now nature, there are several many ways we can work together to enhance your school enrichment portfolio.

We are empowering children while fostering and cultivating creativity and confidence to give them tools to mental and physical well being.

To bring Spark to your school, please contact:

**Angela Phoenix** - Outreach Director : [angela@thespark.nyc](mailto:angela@thespark.nyc) - (646) 880-7135