



AHA

Arts & Hearts Association focuses on healing, educational and inspirational dimensions of arts and their role in the quality of life and especially health and wellness of individuals and communities. Another area of AHA's involvement is the promotion of Winchester and the Shenandoah Valley as a wellness, education and artistic hub.

Qwarts school main areas of activity:

Roles of Arts in teaching, self-healing and inspiring (TSHI Arts concept)

Wellness and quality of life of individuals and communities

Training of trainers - teacher career development programs

Lifestyle and environmental studies

Management, marketing, communication and multimedia education

and more!

please contact the Qwarts school at:

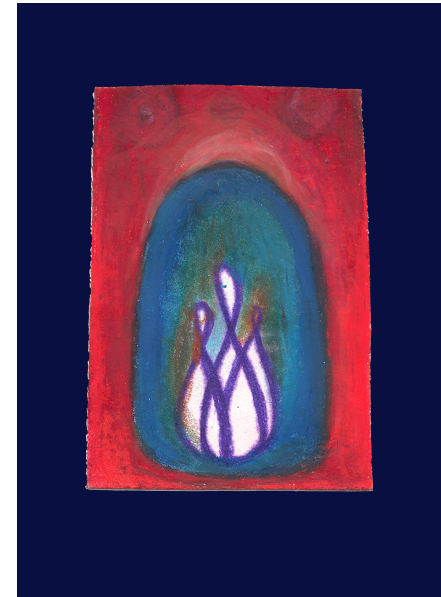
Arts & Hearts Association (AHA)

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Arts & Hearts Association



Opening of the Qwarts School AHA's educational platform

Sunday, September 22nd, 2019

4.00pm-8.00pm

*Fellowship of the Sip Restaurant
33 South Loudoun Street, Winchester VA*



Lynne Mackey, PhD

Vice President of the Board of Directors of the Arts & Hearts Association. In addition to holding a Doctorate degree from the Eastman School of Music, she holds a Masters degree from The Juilliard School, and a Bachelors degree from the University of Michigan.

Pianist, has performed in solo and chamber music settings in the United States, Europe and Africa, and also tours with the Virginia Commission for the Arts.

Ms. Mackey has taught on the faculty of several colleges and universities including Eastern Mennonite University; the University of Mary Washington, the University of Virginia, and Bluefield College, where she also held the position of Associate Professor and Department Chair. She was most recently a visiting lecturer at James Madison University in the Graduate program, and currently teaches at Mary Baldwin University.



Jennifer (Jen) Roszelle

Treasurer, Board of Directors of the Arts & Hearts Association (AHA), Chairman of the Education Committee of AHA's Qwarts School. She holds a Bachelor's degree in business management with a minor in psychology. Began her career as an independent distributor with Young Living Essential Oils in 2012 and has grown a team of over 100 members. She offers training and workshops under the name "Living In Abundance" through the local county Parks & Recreation departments as well

as private workshops and online classes. She is also the leader of the Strasburg, VA Laundry Love Outreach Ministry.



Margot 'Sargo' Gotzmann, PhD

President of the Board of Directors of the Arts & Hearts Association. Creator of the Teaching, Self Healing and Inspiring Arts Concept - TSHI Arts. Historian of ideas, expert in human development, quality of life studies and creativity theories, international consultant and visiting professor; entrepreneur and co-owner of 'Fellowship of the Sip' Restaurant and Tea House in Winchester. Artist, Shenandoah Arts Council member, chosen for the ArtScape banners second year in the row.

Program

- *Presentation of the TSHI Arts concept by Margot Gotzmann.*
- *Presentation of the program of the Qwarts school and its teachers by Jen Roszelle, Lynne Mackey and Margot Gotzmann.*
- *Questions and answers.*
- *Handing of the Artistic Response Awards and the Public Choice Awards.*
- *Movie tasting and discussion.*
- *Reception, offered throughout the event, by the Fellowship of the Sip Restaurant and Tea House.*

Prospective teachers of the Qwarts school.

Lynne Mackey — music, visiting speaker and performer

Margot Gotzmann — TSHI Arts and quality of life

Scott Harlan — videography and production

Representative of the Women in Film and Video — film making

Jack Dunlap — mandolin and guitar instruction

Vicky Ryles — theatre and storytelling

Christopher W. McAvoy — culinary arts and traditional cuisines around the world

Matias Gotzmann — safety and wellness of technology users

Areta Kempinsky — art education and artistic crafts

Laura Lopez — reflexology and advanced massage therapy

Joe Granger — herbalism and Chinese medical traditions

Jen Roszelle — practical uses of essential oils for home, office and school

Freddie Ciampi — ballroom dance for healing

Adrian VanKeuren — therapeutic TaiChi and healing movements

Darlene Taylor — singing as a healing modality

Tammi Collins — media creation - magazines and TV shows

Dori Gotzmann & Victoria McAvoy — nutrition and wellness