

Arts & Hearts Association

Our goal

AHA 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.

Our activity



Art at Night (2018) S.H.Theebaum

2018 Winchester Art & Music Festival

main partner: Handley Regional Library and Friends of the Handley Regional Library

- 'Colors, Rhythms & Rhymes' Art exhibition at the Handley Library
- Classical piano concert by Lynne Mackey at the Grace Lutheran Evangelical Church
- Music concerts at the Handley Library by: Virginia Schweningen on harp and Melanie Miller on ukulele and electric piano
- Movie tasting and discussion on the art of storytelling
- 'Art, Music & Literature in the Quality of Life of Individuals and Communities seminar
- Receptions by the 'Fellowship of the Sip' - restaurant and teahouse



Festival premises:
Handley Regional Library,
Winchester VA

2019 Winchester Arts & Music Festival - 7, 20-23 September 2019

main partner: Handley Regional Library and Friends of the Handley Regional Library

- Live music concerts
- Art exhibitions
- Seminars and workshops
- Receptions by the 'Fellowship of the Sip'

Seminars and workshops

- TSHI* story-telling theatre
- meaningful cinema concept and the art of movie making
- how to play old and new healing instruments
- music therapy programs for schools and communities
- visual arts for everyday experiences and discoveries

*TSHI -Teaching, Self-Healing and Inspiring

Seminars and workshops teachers

Margot Gotzmann, PhD
Lynne Mackey, PhD
Virginia Schweningen
Vicky Ryles
Jen Roszelle
Areta Kempinsky
Andy Gyurisin
Melissa Houghton
Jane Barbara



Quiet Joy of the Heart (2015)
S.H.Theebaum

Qwartz schools — Quality of Life, Wellness and Arts — educational programs

- Role of Arts in teaching, self-healing and inspiring (TSHI © - concept by Margot Gotzmann)
- Preventative and Integrative Medicine Development, Wellness and Quality of Life of Individuals and Communities
- Training of Trainers - Teacher Career Development Programs - how to use their disciplines for TSHI



- Lifestyle and Environmental Studies
- Management, Marketing, Communication & Multimedia Education

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