

The Making Circle

Healing through Art and Community

Workshop Summary

These workshops offer a sanctuary for people undergoing cancer treatment and their support people to reconnect with their creativity through intention and artmaking. In a series of ongoing sessions or as one-off workshops, we will explore art making and some textile-based work. Through hands on making participants are invited to transform fear into hope, and by sharing with others on similar a path we can build community and resilience. No art experience is necessary—only your presence.

Workshop Format— Creating the Circle, Creating a Safe Space

We will begin with introductions of participants and the group leader, followed by a brief session of grounding with breath work and a brief meditation. Workshops run three hours in length.

About the Group Leader

Sayzie Carr is an artist and a cancer survivor whose practice weaves together a rich history in textile design, fiber arts, and painting. With over a decade of teaching experience and years spent in the textile industry, Sayzie brings depth, technique, and passion to her work. Most recently, she has taught Fiber Arts at Bard College at Simon's Rock while also hosting intimate workshops from her own studio. Besides painting, her current body of work includes printing and sewing unique shirts, and home goods that blend function with expressive design. Sayzie continues to create channeling her experiences into vibrant pieces that speak to healing and resilience.

Fees are calculated based on the number of people in the sessions and the number of sessions scheduled.



SAYZIE CARR



"THE VISION QUEST" ART DETAIL



"BADGES OF COURAGE" ART DETAIL

Workshops can be
one off or in a series



Threads of Light

Creating a bandana with
block prints—for hope
and adornment



Feeling with Textures and Colors

Creating collages with
tissue paper (exploring
the dark and the light)



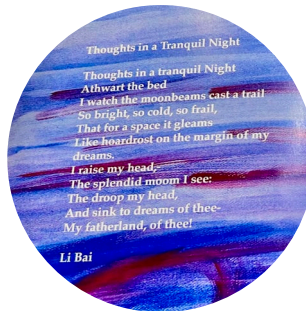
Holding the Precious

Painting and embellishing
a wooden box, and
filling it with treasured
inspirations and hopes



Badges of Courage

Creating badges with felt



The Book of Hope

A collaborative book of inspiring
poems selected by participants,
with artwork they create to
accompany it. The instructor
will reproduce all contributions,
compiling them into a printed
book. Each participant will receive
a copy, either mailed to their home
or delivered in person if attending
a subsequent workshop.



The Vision Quest

Creating a vision board with
collage and drawing using our
imagination of what we would
like to dream into being

To book or enroll in a workshop,
or if you have any questions,
please contact Sayzie Carr at
917.331.9913 | sayziecarr@gmail.com

Testimonials

“I highly recommend attending
a Sayzie Carr workshop...
you won't be disappointed!”

—K.M.

“This is my second workshop
with Sayzie and what a pleasure
she is to work with!!! She gave
great instructions, patiently
guided us when we needed it,
and we learned A great deal along
the way. What's the next workshop
Sayzie? Keep me posted.”

—D.M. GB

“If you want time and space to
nurture your creativity, treat yourself
to a workshop with Sayzie Carr.
The recent workshop of block
printing on fabric and then sewing
it into bags, was so satisfying. As a
newbie to all the processes, printing
and sewing, I always felt Sayzie's
support and encouragement as
I created my awesome bag. I'll be
back for more from Sayzie!”

—A.A.,GB