

Meet Christina Cappelletti, Community Artist, Activist & Founder of SoulStudio Arts in Longmont, Colorado!

Be Who You Are Created To Be

I've always been drawn to people who encourage freedom of being and who have an unconditional regard for authentic personal expression.

I think what got me into social justice work in the beginning was my desire to be that kind of force of freedom for other people. I wanted to help people, including myself, discover themselves and live fully in their truths.

I've been a creative person all my life. As a child, I romped in the woods of Southwest Ohio, making things out of mud, plants and feathers, and watching insects and animals make their nests. I have always felt drawn to create. I love being in the company of others who are creating.

Starting in my twenties I began hosting public gatherings to tell stories, make music, create art, and explore spiritual and cultural traditions. In my workplaces, I coordinated groups, workshops, festivals and community events to facilitate clients and colleagues in self-expression and group engagement.

One of my favorite things about hosting these kinds of community gatherings, aside from creating something fun together, is what I see in people who attend them. There's a pride that shows up in people's faces. There's





an enjoyment of being with other people who are also taking risks to create something and express themselves in some way to the world.

That kind of transformation is really beautiful to me. Holding space for that transformation has been a passion of mine for over 25 years.

In recent years, I wanted to create an actual place for that to happen. And that's the dream that has come true now for me in downtown Longmont, with my new SoulStudio!

SkyLaunch



On Thanksgiving, 2011, I found myself painting the piece I call "SkyLaunch" -- the heart with wings image that foretold the flying leap of faith and love I soon took.



Every person has a dream of something they wish they could make happen in their lives. Naming that dream is hard enough. Then comes activating it. We all can use help with that!

Within 4 months, I bid farewell to my workplace at the Multicultural Center at Ohio State University and moved out West to the big skies that had called to my soul since a childhood camping trip. We seem to spend our adult lives getting back to that early clarity of self...

Into the Yes (sidebar) is the poem I wrote just before I left my home state for this journey.

Into the Yes

Heading home...
to the soulscape
I knew as a child
before I set out
on the King's duties
and the Queen's protections.

Heading into the
YAY – you made it!
My satchels full only
of a few talismans
of my loves and lessons
with room for
what comes next.

Heading into
not a What
but a long Yessss...
... a big sky
with its infinite droplets
of all life
from oceans and lands...
where the ride is wide
and spirited.

Heading into the Me
who's been waiting patiently
for this particular journey
to continue.

The Yes.
The Good for You.
The Yay.
The deep breath of
OK,
Let's GO!

C. Cappelletti Spring 2012

In the past two years I have become amazed and thrilled to discover not only an innovative arts community here in Longmont, but myself as part of it, so naturally! When I learned of a new collaborative artists' space right in the downtown arts district -- the Kay Carol Gallery and Priscila Working Art Studios -- I knew I'd found a great home for my studio.

Watch what happens when you follow your heart!



Community Arts

People ask me what I mean by 'community arts.' I see community arts as inclusive, accessible and essential to the vitality of all community members to be freely themselves. I see myself as an artist in partnership with communities, supporting that vitality in many different ways, whether it is in teaching arts workshops, organizing festivals, hosting *Artist's Way* series and *SoulCollage®* retreats, offering life visioning journeys, or creating legacy artworks and graphic designs for public outreach with social justice organizations.



Time to start living out loud?
Let's connect!

The SoulStudio Mission:
Bringing people together to explore, express and activate their essential energy and talents, for authentic, joyful living and a thriving world community.



Grand Opening Celebration -- Share the Love!
Feb. 14, 2014, 10am-9pm
364 Main Street, Longmont

SoulStudio Arts is part of a new community arts coworking hub in downtown Longmont -- **Kay Carol Gallery & Priscila Working Art Studios**. Join Christina and other artists-in-residence for artistic and musical fun as we officially cut the ribbons on February 14. As part of Longmont's 2nd Friday ArtWalk, we're open all day and evening -- with paints, pens, stencils and stamps available so you can make beautiful cards. Throughout the month of February we'll feature mixed media Heart-themed artworks for view and sale.



Christina Cappelletti, MSW, MA, is a freelance graphic and community artist, ceremonialist and social justice professional with a palette of talent for helping people "be who you are created to be."

Christina has Master's degrees in Social Work and Women's Studies from Ohio State University and has facilitated creative personal growth groups with youth and adults in schools, communities and social service programs for over 25 years.

Her enterprise, SoulStudio Arts, supports self-exploration and individual and community transformation through creative expression.

Christina's biggest passion in life is helping people transform their lives and engage fully with their loved ones and communities.

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