



visionseed

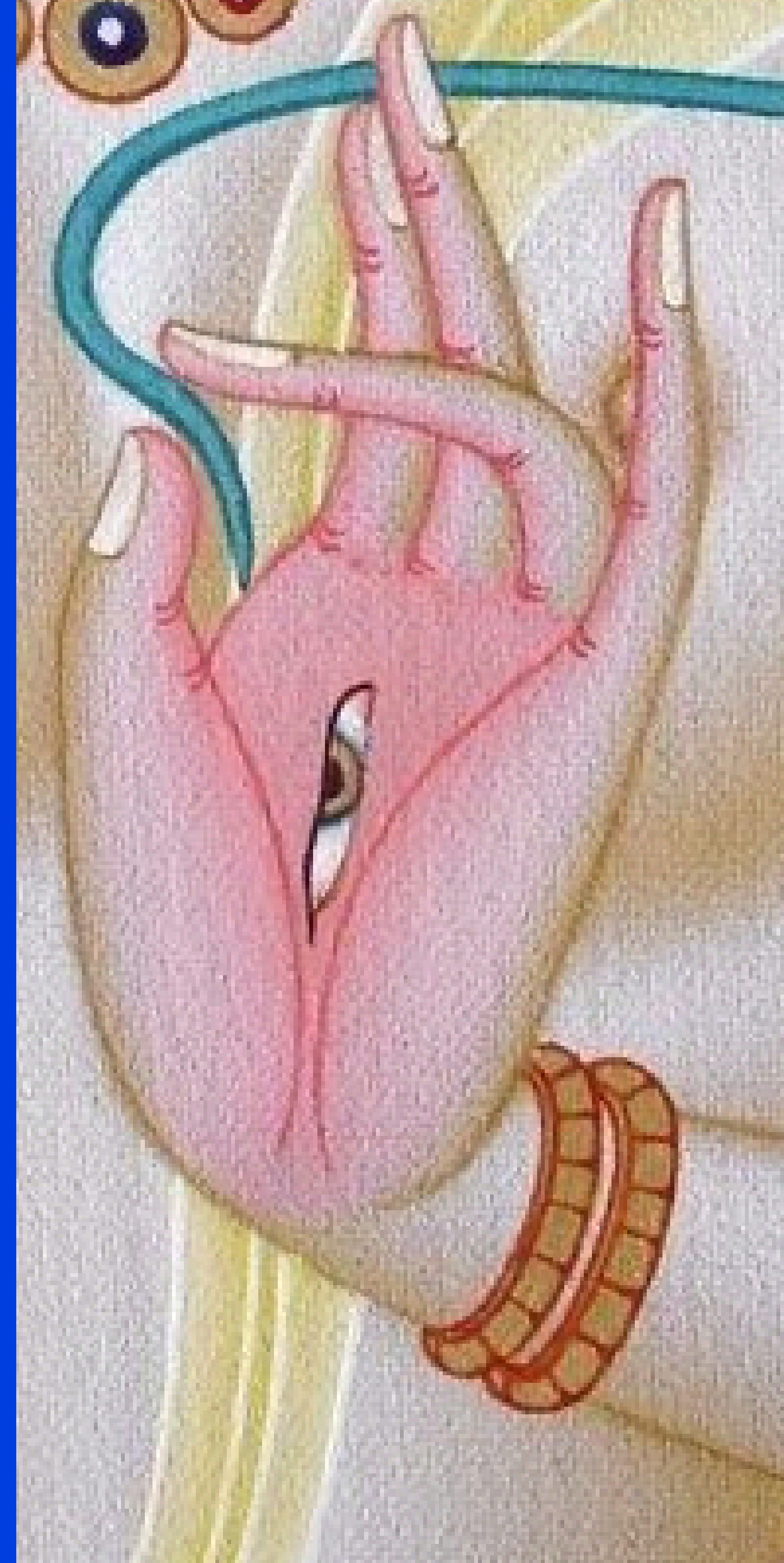
*Embodied Artistry: Meditation,
Somatics and Breath for Creatives*

The Mission

To equip creatives with breath, somatic, and mindfulness tools that nurture the liberation of their highest creative expression.

To deconstruct the stereotype of the “struggling artist” by cultivating a renewed perspective of the creative path—one rooted in purpose, embodiment, and connection to the whole Self—Visionseed seeks to empower artists to:

- *Reclaim their creativity as a sacred, liberatory and connective process*
- *Cultivate resilience and sustainable inspiration through mind-body-spirit alignment.*
- *Build a thriving creative community where support, vulnerability, and collaboration are celebrated.*
- *Redefine creativity as not only an act of self-expression but as a means of personal and collective transformation.*



Offerings Timeline



1.
The
Vision(seedpod)cast
(Digital Product)

Currently...



3.
The Visionseed
Oracle Deck
(Physical Product)



5.
The Visionseed
App
(Digital Product)

Coming Soon.....



4.
Visionseed Method
Workshop Facilitation



2.
The Visionseed
Online Course +
Creative Cohort
(Digital Product)



6.
One-on-One Coaching



- Conversations in the dark with artists from around the world about their creative process, and how they relate to the body's 7 energy centers.
- First 3 episodes published with 53 total streams. 6 more being edited for weekly upload schedule.
- growth edge: increase listeners through influential guests spotify, google and meta ads.



- 7-week online zoom cohort or self-paced course for creative embodiment
 - Somatic practices, breath, Journaling reflection, assignments, community
- In research and development phase for April 2025 launch
- growth edge: Marketing the offering



- 49-Card Oracle deck for self-discovery
- Working with business partner, Wei Jiang
- Samples have been printed and are being shipped to me for review
- will be available on Amazon
- growth edge: Connecting with other retailers

Workshop Highlights:

- *Somatic Practices & Breathwork – Overcome creative blocks & revitalize inspiration*
- *Intuitive & Ritual-Based Creativity – Balance structure with flow for sustainable artistry*
- *Expressive & Reflective Exercises – Move past fear, cultivate confidence, and create with ease*



Visionseed Method Workshop Facilitation

Offerings:

- *3-Hour Immersion – Quick reset & creative activation*
- *6-Hour Day Retreat – Deep-dive into embodied creativity*
- *Ideal for: Artists, educators, creative teams & organizations seeking to cultivate sustainable inspiration and improve outcomes.*

Dynamic, somatic-based workshop designed for creative professionals, arts organizations, and collaborative teams. Visionseed blends movement, breathwork, and reflective practices to energize, unblock, and sustain creative flow.

V.I.S.I.O.N OBJECTIVES:

VITALITY: USE BREATHWORK AND SOMATIC TOOLS TO SUSTAIN ENERGY, PREVENT BURNOUT, AND MAINTAIN CREATIVE FLOW

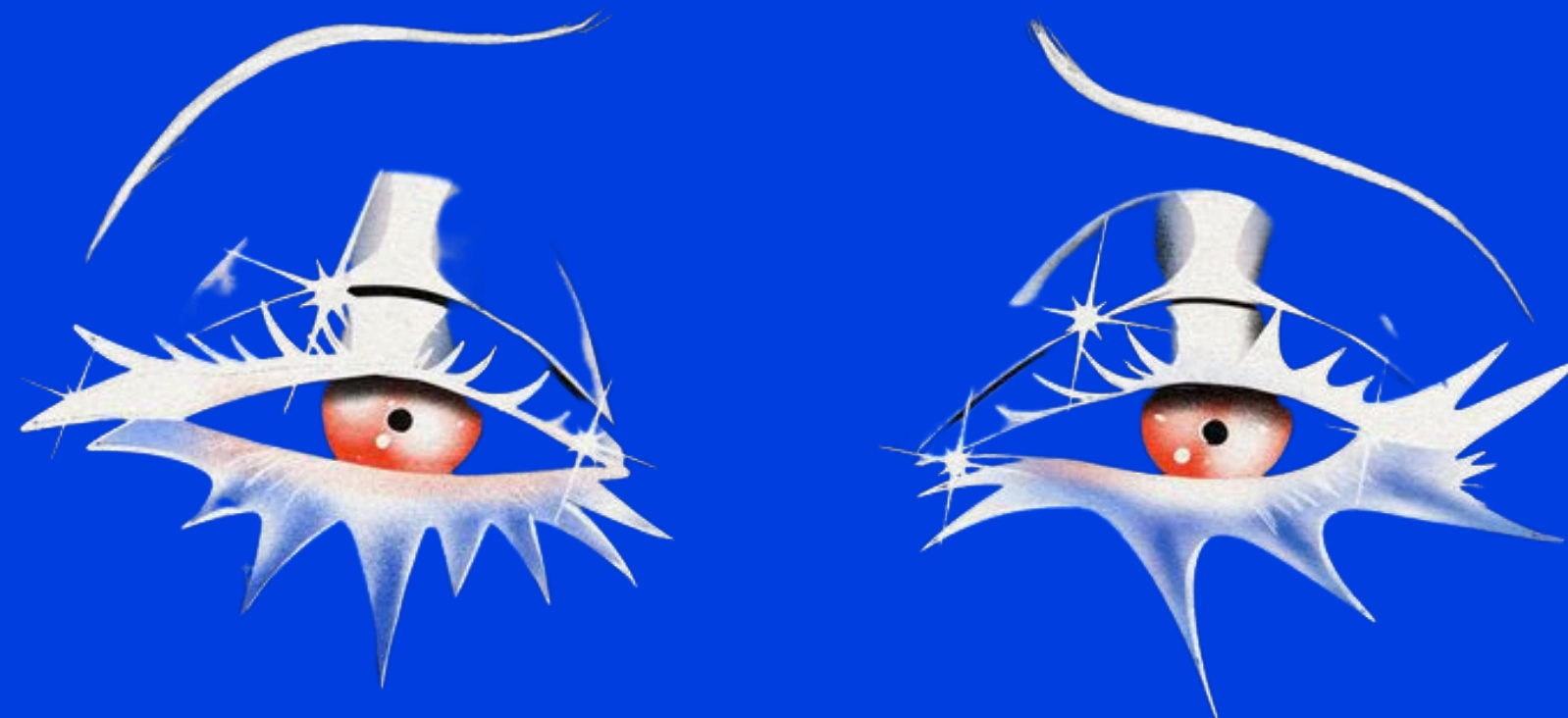
INSPIRATION: REIGNITE CREATIVE PASSION THROUGH SOMATIC MINDFULNESS, REFLECTIVE PROMPTS, AND DEEP INSPIRATION PRACTICES.

STRUCTURE: BUILD PERSONALIZED ROUTINES, OVERCOME PROCRASTINATION, AND BALANCE STRUCTURE WITH CREATIVE FREEDOM.

INTUITION: TUNED TO THE COMPASS OF INTUITION TO DEEPEN SELF-AWARENESS AND TRUST CREATIVE INSTINCTS.

OPENNESS: EMBRACE VULNERABILITY, CURIOSITY, AND COMMUNITY TO BREAK FREE FROM THE “STRUGGLING ARTIST” MINDSET.

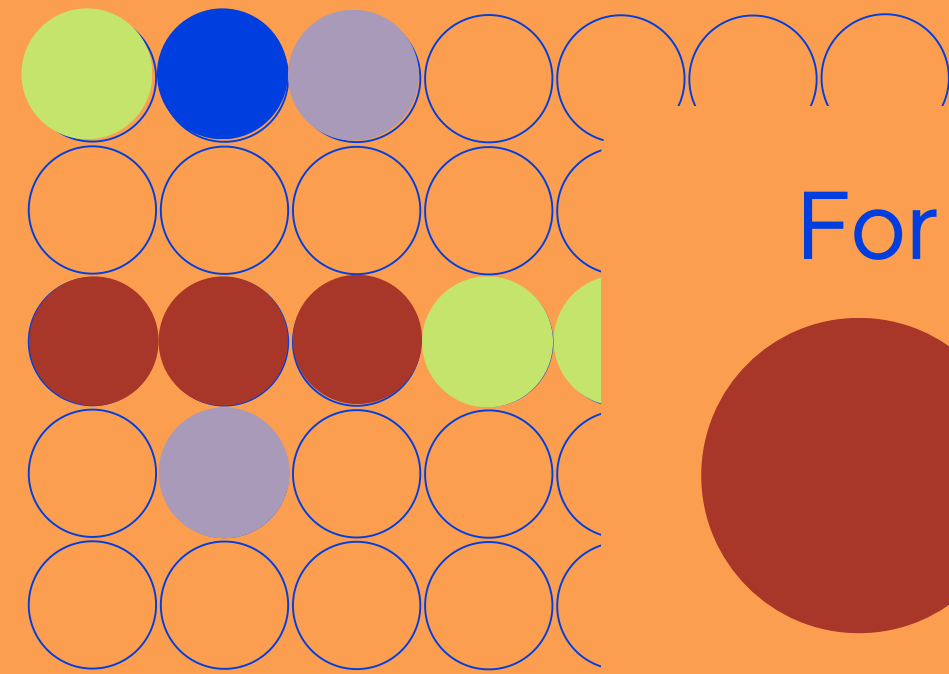
NOURISHMENT: CULTIVATE HOLISTIC CREATIVE WELLNESS TO SUPPORT MENTAL, EMOTIONAL, AND SPIRITUAL GROWTH.







The Visionseed app

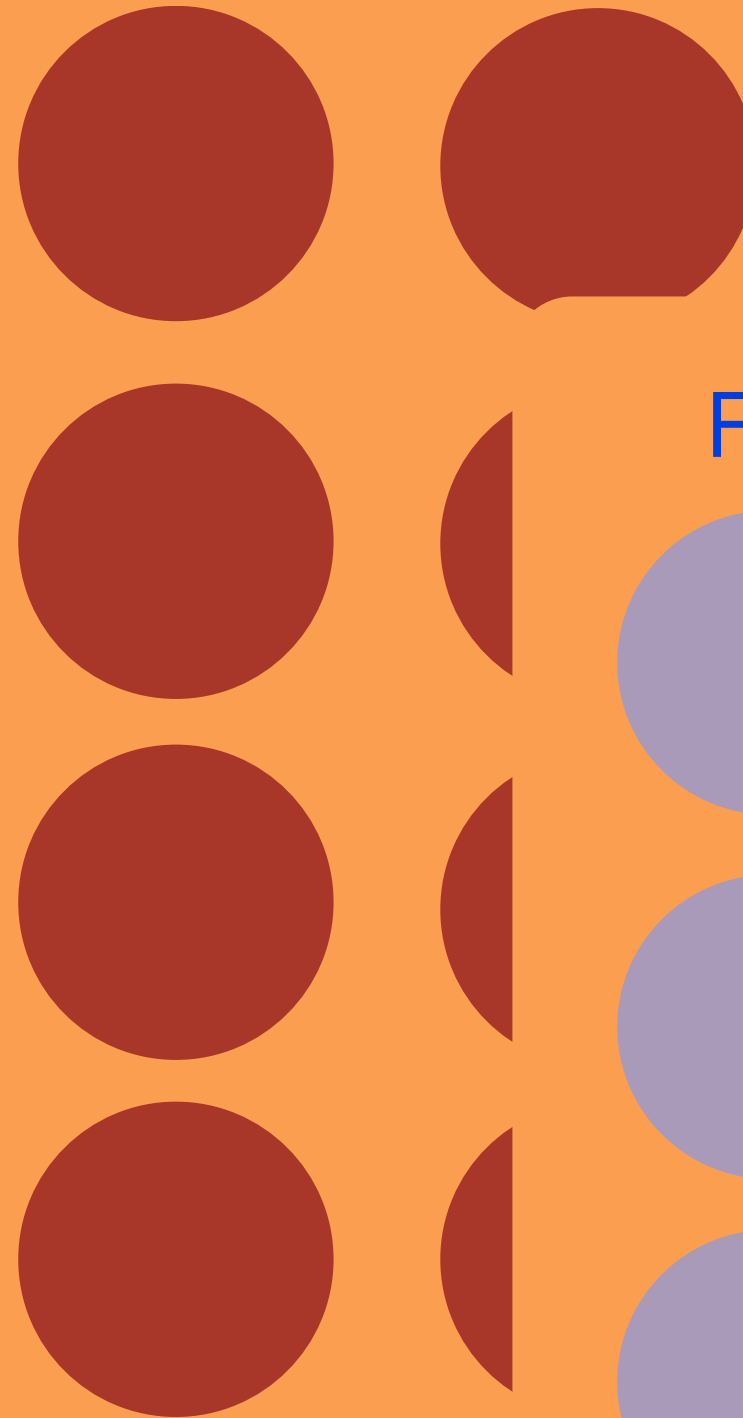


Practice Tracking

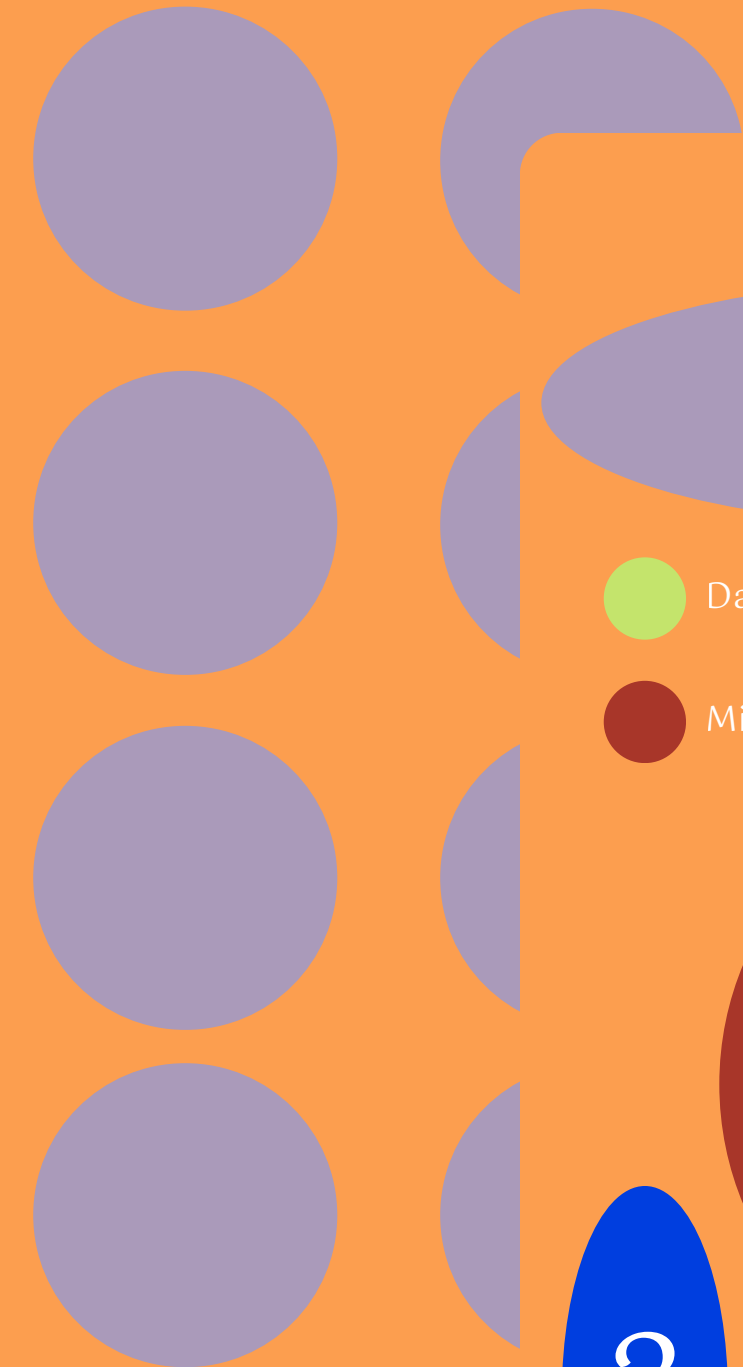


-  Meditation
-  Drawing
-  Movement
-  Other

For the body





For the mind



Social

Challenges

-  Daily Draw (100+)
-  Mindful Month (888+)

Match with a buddy

?

Practice Tracking:

Feature for tracking and gamifying creative practice, meditation, embodiment rituals & cementing them as habits.

For the Body:

Somatic Practices for creative embodiment: Yoga, Qi gong, breath, intuitive movement

For the Mind:

guided meditations, podcast excerpts, articles

Social:

Opportunities to join challenges, match with a creative practice buddy in a similar medium, start groups