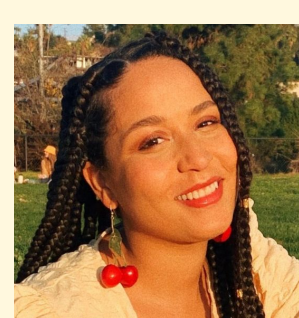
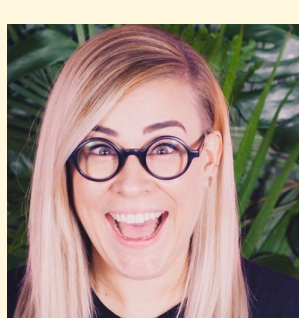
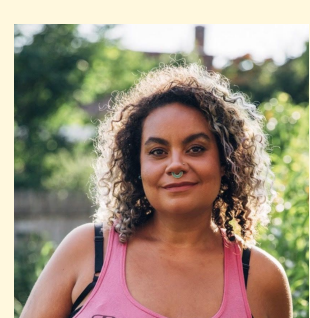


REC
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DATER



oh hey 2022!
Introducing...

Memberships * Masterclasses * Coaching

adrienne maree brown * Meg Lewis * Bunny Michael * Yumi Sakugawa * Lenea Sims * Lexi Merritt *
Lise Silva * Phoebe Taylor * Alicia Goodwin * Arielle Estoria * Rebecca Anthony * Sam Reece



WELCOME TO REC CENTER

The Creative Playground for Interdisciplinary Makers
to Reclaim their Authenticity & Magic.



REC
CEN
TER

hey soft, squishy **YOU**.

Yes, **YOU** with the tender heart.

YOU with the big feelings.

Multi-Passionate **YOU**.

YOU with the big dreams.

The weirdest, proudest **YOU**.

YOU that wants to embody their
creative magic *every darn day*.



A person with dark dreadlocks is shown from the chest up, wearing a white shirt. They are holding a handful of colorful confetti in their hands, which is in focus. The background is a dense, out-of-focus shower of multi-colored confetti (red, blue, yellow, green, pink) falling around them. A solid green horizontal band is overlaid across the middle of the image, containing white text.

WELCOME TO A COMMUNITY OF
CREATIVES
JUST LIKE YOU

We are an online community space for
squishy weirdos & interdisciplinary
makers to discover their *inner* wisdom
so they can transform the *outer* world.



**Want to
Play with Us?**

Consider us
**“Pre-School meets
Art-School”**, a space
where *sharing-is-caring*
co-exists with
transformative thought.





We believe that
PLAY
is a state-of-being,
and a radical
necessity to embody
authenticity.



AUTHENTIC

Adj. au·then·tic | \ ə-ˈthen-tik , ɒ- \

1: worthy of acceptance or belief

2: true to one's own personality, spirit, or character

From the Greek, Authentēs, *acting on one's own authority*

& the Greek Authentiko, *Original and Genuine*
from *autos* "self" + *hentes* "doer, being," from PIE root
**sene-* (2) "to accomplish, achieve."

BELIEVING IN ONE'S OWN ACTIONS,
SELF, ACCOMPLISHMENTS, AND
INHERENT WORTH.



PLAY YOUR WAY...

...towards an authentic,
creative **career**.

...towards an authentic,
creative **life**.

...towards an authentic,
creative **world**.

We believe that you can show up in the world as your most magical, sparkly, “full-time self” when you...

- Give Yourself Permission to Play
- Honor Your Innate Creativity
- Hold the Magic of Kindness Close to Your Heart
- Pour From a Full Cup
- Trust Your Inner Wisdom
- Seek Personal & global Liberation



We believe that *living* is a *creative act*.

We believe that *creative-living* allows us to be at the forefront of kinder & more radical ways of existing in the world.¹



You: *IT ME!* Give me all the juicy details about this membership!

Us: It would be our pleasure, friend!



Our membership is an invitation to play, and a community where you can show up as your soft, vulnerable self! We honor BIG feelings & INTIMATE conversation.

Our Membership is for those who want to...

- Show up in life as their true, creative self!
- To feel f*cking good, and not be ashamed about it!
- Thrive in a community of like-minded squishy creatives, and be seen, held, and supported in their journey.
- Leave the world better than they found it (like a campsite!)



Play your way towards
an authentic, creative
life.

“What actually HAPPENS in this membership?”,
you might ask....



We help our community members reclaim their creative authenticity through...

Monthly Events

- An extra-special **“Masterclass”** with an Expert Guest
- **“Playgroup” Creative Coaching Group Calls** with our Founder & Play Coach, Alex B. Arnopol
- **Community Creative Play**, including peer reviews, open mics, artist talks, care conversations, and creative activities.

Weekly Gatherings

- **Weekly Co-Creatives Session** (it’s like co-working, but you know...not boring! Accountability + rad music+ mid-session dance parties!)
- Our **members-only newsletter** featuring play inspiration, written coaching, journal prompts, and more!

Ongoing Gifts

- Access to the **“Play Portal”**, an online forum for chatting, networking, accountability, activism, and of course, play!
- Access to the **Rec Center Toy Box**- a treasure trove of meditations, play prompts, and more!
- **Big discounts** on in-depth classes, masterminds, and retreats.

Members also receive...

Profile on Our Directory

- All members will be featured on our *new* Directory!
- Our Creative Directory is fully public and is available for anyone to see! .

Access to Annual Publications

All members will have the opportunity to submit to our newsletters as a special guest, as well as free listings in our holiday gift guide!

Profile Highlights

All members will have the opportunity to have their work highlighted on our social media channels, newsletter, and podcast!

Who are the 2022 Masterclass Facilitators?



**adrienne maree
brown**



Meg Lewis



Bunny Michael



**Yumi
Sakugawa**



Lenea Sims



Lexi Merritt



Lise Silva



Alicia Goodwin



Arielle Estoria



Rebecca Anthony



Sam Reece



Phoebe Taylor

2022 Calendar

January 8

From Peaking to Playing with **Rebecca Anthony**

Channel peak moments in your life into your most innovative and playful creative project yet.

February 10

Creative Writing, Pleasure, and Activism with **adrienne maree brown**

March 12

Unfolding Creativity with **Arielle Estoria**

Unfolding Creativity, a space to reveal what is already present within you.

April 10

Sacred Knots with **Lise Silva**

Entwine cord in knot designs that serve as metaphors for life experiences, dreams, and deep desires.

2022 Calendar

May 2

How to Live Liberation with **Lenéa Sims** (of *Inner Play & Outer Work*)
what it means to practice liberation on a daily basis – for self and for the collective

June (Date TBA)

How To Be Okay with Phoebe Taylor (of *OkayShoe*)
Finding neutrality in creativity and feeling

July (Date TBA)

Creating Something from Nothing with **Alicia Goodwin** (of *Lingua Nigra*)
Using jewelry-making to explore how we can transform the simple into the complex, in
life and adornment

August (Date TBA)

Have Fun by Yourself! with **Meg Lewis**
Create a judgement-free zone in your mind where you can become your own best friend!

2022 Calendar

September *(Date TBA)*

Bunny Michael *(class title coming soon!)*

October *(Date TBA)*

Let's Make Shitty Art 2gether with **Sam Reese (of Shitty Craft Club)**

Make shitty crafts and challenge your relationship to creative expectations (and have fucking fun!!!)

November *(Date TBA)*

Healing Money Shame for Creatives with **Yumi Sakugawa**

The creative artist's guide to healing money shame and calling in abundance

December *(Date TBA)*

Business as Play & Experimentation with **Lexi Merritt** (of Pretty Decent)

Who is your monthly Creative Play Coach?



Hi friend! My name is Alex B. Arnopol(they/she).

I work with **Radical Creatives** who want to **use their art** to **embody** their **values**, and **create offerings** that **serve both self & others**.

Consider me your guide- I stand next to you, not in front, helping you to reclaim childhood as a state-of-mind, and step into the joy & abundance that is your birthright.

Who is your monthly Creative Play Coach?



Guiding your journey to creativity is not a “one size fits all” model.

Here, we recognize the **spectrum**, not the binary. Perfectionism is binary (bad vs good), **play is not**. My approach is founded on one simple idea- **you can be two things at once**. You can be hurting, and happy. You can be growing, and succeeding. You can be vulnerable, and powerful. **You are not one idea, concept, or structure**. As a **unique human**, your **creative freedom** will be **unique to you**.

Who is your monthly Creative Play Coach?



"If you're ready to have **profound personal breakthroughs** and **create beautiful art** in the process, let Alex be your guide!"

""I knew that I was in for a treat before class even started and **I feel like I left with my insides turned to gold.** Alex created a **loving and safe container** to share, **move, express and release.** I am so grateful for the **joyful movement** I experienced!"

"Alex helped me get **UNSTUCK**"

"Working with Alex **allowed me to open up an artistic side** to me that I'd never known or considered before."



So, you in?
Ready to join us?

Free Membership

FREE PLAYGROUND: Our free membership includes access to our online community and free resources. *Non-paying members can still sign-up for Masterclasses and Events "a la carte", but do not have access to group creative play coaching, Play Portal newsletters, membership features, co-working, or community-care events).*

Simply go to our website and click Membership to join!

Paid Membership

MEMBER PLAY PORTAL: Imagine there is a magical slide that leads to a world of play, authenticity, education, guidance, and inspiration! *This is our extra-special (and all-inclusive!!) paid membership!* Your membership includes...

- Full access to all masterclasses
- Monthly Group Play Coaching
- Community Care Events
- Co-Creatives Sessions
- Ongoing gifts + newsletter
- Community Features on our site

You have two options...

Paid members of our Creative Community enjoy benefits for a whole year! This means that we have time to get to know you, support you in your journey, and take a magical trip around the sun with you!

Here at Rec Center, we believe in an economy built on TRUST. We believe that when we operate from a place of generosity, liberation, and kindness, we can build a softer space that resists systems of harm.

All membership prices are sliding scale and offered on a “Pay What You Can” basis. No proof of income needed- we trust you. Consider paying more than the minimum, and thus, pay it forwarded to those with greater need.

**Membership Prices Range from
\$55-\$111 per month**

Unsure of what to Pay? Consider the following guide...

- \$55 for QT/BIPOC Creatives
- \$77 for Freelance Creatives & Those That Are Less Resourced
- \$88 for White Creatives
- \$99 Well-Resourced Professionals
- \$111 Donate Towards the membership of a BIPOC & QTBIPOC Creative

Looking for extra support monthly? Consider the following option...

- \$150 Monthly- you will *also* receive a One-On-One Coaching Call with Alex B. Arnopol (45 minutes) monthly ***limited capacity*

Unable to afford our membership?

We understand that systemic oppression, including but not limited to Racism, Sexism, Homophobia, Transphobia, and Ableism contribute towards the resourcing of our community.

We are offering a limited number of \$44 memberships monthly for BIPOC and QTBIPOC students.

We will also be offering 5 fully-funded annual memberships to BIPOC and QTBIPOC students.

*Interested in the above options? Email us at **weplay@reccenter.space**
All recipients will be chosen through an online raffle process, as all applicants are equally deserving of the opportunity.*



Ready to Play? Yay, us too!

Paid Membership registration will be open from November 26th, 2021–
December 31st, 2021. Ready to hop in now? Free memberships are
open and ready for you!!!



2022 Facilitator Bios

adrienne maree brown



adrienne maree brown is the writer-in-residence at the Emergent Strategy Ideation Institute, and author of *Grievers* (the first novella in a trilogy on the Black Dawn imprint), *Holding Change: The Way of Emergent Strategy Facilitation and Mediation*, *We Will Not Cancel Us and Other Dreams of Transformative Justice*, *Pleasure Activism: The Politics of Feeling Good*, *Emergent Strategy: Shaping Change, Changing Worlds* and the co-editor of *Octavia's Brood: Science Fiction from Social Justice Movements* and *How to Get Stupid White Men Out of Office*. She is the cohost of the *How to Survive the End of the World*, *Octavia's Parables* and *Emergent Strategy* podcasts. adrienne is rooted in Detroit.

Alicia Goodwin



Alicia Goodwin is the founder and artist behind *Lingua Nigra*.

Started in 2003, *Lingua Nigra* literally means black tongue in Latin. It's a little known medical condition, but a fitting title to beautiful organic pieces. The several lines of *Lingua Nigra* vary from hand reticulated brass, to etched sterling silver, to blossom-like jewelry. Each piece is handmade in Chicago with care.

Arielle Estoria



Arielle Estoria is made of sass and good intentions, does not believe in surface level conversations, is a good coffee paired with even better conversation enthusiast and breakfast burritos + flowers are her love language.

Shamelessly claiming that she is in the business of pulling on heartstrings, her motto, "*Words not for the ears but for the soul*" stems from her dedication to remind anyone who encounters her and her work that words are meant to be felt and experienced and not just heard. Arielle also has a very specific heart in empowering, encouraging and making space for audiences of women to feel at home in their own bodies.

Arielle has shared her work through custom spoken word pieces, workshops and themed keynote talks with companies such as Google, Sofar Sounds, Lululemon, Dressemer, Tedx, the SKIMS campaign by Kim Kardashian and more.

Arielle's first EP, a collection of music and poetry called "*Symphony of a Lioness*" and her single "*Magic (In Your Bones)*" are available on iTunes or Apple Music. She is Co-author of two collections of poetry: *Vagabonds and Zealots (2014)* and *Write Bloody Spill Pretty (2017)* which can both be found on Amazon.com.

Bunny Michael

Me: Why is it hard to communicate my needs?

Higher Self: Because then you'd have to accept you are worthy of having those needs met.

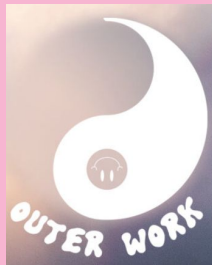
@bunnymichael



Bunny Michael is a spiritual coach and multi-disciplinary artist who has dedicated their work to awakening Higher Self- the manifestation of love within all humans deconditioned by the limitations of ego identity. Using writing, visual art, music, and performance Bunny has shared their Higher Self message on stages throughout the United States and Europe. What began as a viral meme series on Instagram, garnering over 200k followers, has now expanded to a popular advice podcast, *XO Higher Self*, and two books (*Me and My Higher Self*, 2017 and *Love Notes From Your Higher Self*, 2018). Bunny is a 'Made In NY' Women's TV, Film and Theater Fund/NYFA grant recipient and currently co-creating, writing and starring in a new web series, *What Would Higher Self Do?*.

In 2018 Bunny hosted a digital series on Vice's Broadly channel called *Broadly Hotline* and appeared in seasons 1 and 2 of HBO's hit show *High Maintenance*.

Lenea Sims



Lenéa Sims is a liberatory spiritual guide and the founder of Inner Play and Outer Work, digital communities dedicated to cultivating personal and collective liberation, respectively.

In a recent past life, Lenéa was an anxious, over-worked Marketing Director whose journey of spiritual self-development led her to realize her real strength: seeing through to the heart of others' suffering and helping them uproot it by connecting them to their joy and giving them tools to manage their own energy. In her decade-long career as a community healer and social change strategist, she has assisted hundreds of creative entrepreneurs and changemakers to create and lead from a place of innate joy and infinite trust – in themselves and in the universe.

Her work has been featured in Essence, Paper, and on stage at SXSW where she taught about energetic management in 2018. As of 2021, she is also a M.A./Ph.D. candidate studying Community, Liberation, Indigenous, and Ecopsychologies at Pacifica Graduate Institute where she will be exploring more deeply what it means to 'live liberation.'

Lexi Merritt



I'm a Launch Strategist and the founder of Pretty Decent, an Internet Café for Internet People. I'm on a mission to help creative thinkers turn their dreams and ideas into digital businesses — ones to empower you to sell your work online from anywhere in the world.

Over the years, I've helped new grads and New York Times bestselling authors alike design scalable offers like courses, memberships and VIP Days to the tune of hundreds of thousands of dollars in revenue. But my favorite work is much more intrinsic than the \$\$\$ — I love watching clarity flash over someone's phase and hearing the excitement in their voice as they work through a brilliant idea.

Lise Silva



I am an artist living and working in Oakland, CA..

I explore the power of ancient symbols and the grounding, restorative nature of ancestral craft with Sacred Knots which is a line of fiber jewelry, wallhangings and instructionals. My wallhanging designs have been featured in set design by interior design platforms such as Lulu & Georgia and my jewelry has been commissioned for ceremonial events, such as weddings.

My book *Sacred Knots: Create, Transform, and Adorn Through the Art of Knotting*, published by Roost Books November 3, 2020, details my approach to knot work, offering historical knot information, craft instruction, meditative approaches, tutorials, and project ideas. I have offered knotting workshops for four years, at diverse gatherings such as craft workshop venues, birthdays, and employee events.

As an artist and teacher in the craft community, facing frequent theft of my designs over the years by both crafters and corporations, I have written extensively about ethics in crafting, how artists and crafters can develop a community-grounded art practice, and how businesses can build more socially responsible models.

Meg Lewis



I created a one-of-a-kind career for myself that allows me to utilize every niche personality trait, interest, and skill, to create brands, services, and offerings that no one else in this world can! My Meg-tastic bold, friendly, personable, clean design style has helped turn a serious world run by serious adults into an intentional playground for happy brands. I have worked with over 100 brands to bring my unique playful style into design-centered experiences for their team or community.

An expert on personal style and career fulfillment, I've spoken to audiences around the world and taught dozens of workshops to small startups and large corporations. I even wrote an interactive book and created a comedy video series on career fulfillment! I also host a part-comedy, part-useful mindfulness podcast called Sit There & Do Nothing and was the host for the 2020 season of the Overtime design podcast.

Phoebe Taylor



Phoebe (she/they) is an artist, mindful mover, community maker and creative director of Okay Shoe, working out of Hamilton Ontario, traditional territories of the Erie, Neutral, Huron-Wendat, Haudenosaunee and Mississauga people. Her work explores the intersection of art, mindfulness, intuition and movement. Through Okay Shoe, Phoebe works collaboratively with artists to create stuff + space for feeling okay. She creates work for the big feelers and collective thinkers, and aims to inspire creativity in us all. Phoebe works to create a playful space that invites intuition and feeling into all that they do. They draw inspiration from fields of nature, communing with the trees and moss and lots and lots of colour.

Phoebe is for equity, the art that lifts us all up. She believes art and feeling good is for everyone, one good rock show can change the world and strives to dismantle the barriers that do not allow all humans to find and feel okay and dreams of a safe and loving world for every human to express their inner weirdo freely.

Rebecca Anthony



Rebecca Simone Anthony is a Psychedelic Life & Creativity Coach, as well as the author and illustrator of the book *So You Wanna Trip Acid: The Preparation Book*. She's Black, she's Queer, and she's a multipassionate Creative on a mission to inspire and coach other Black-Queer-Creatives in living the lives of their absolute dreams. A New York City native and lover of all things taboo, her go to fun facts are that she used to be on Sesame Street, and that in 2019 she gave up French Fries for her New Year's resolution, and went without them for 1 year and 10 months. She dreams of buying hundreds of acres of land in the middle of Arkansas for the purpose of building a creative retreat center for adults and children, and organizing a festival for the 2024 North American Solar Eclipse.

Sam Reese



SHITTY
CRAFT
CLUB

Throughout my career I've worked on and off screen for many networks and agencies as a writer, actor, director, producer, and copywriter. I've worked with cool places like Comedy Central, MTV, BuzzFeed, NBC, Twitch, Quibi (RIP), and more. Most recently I was a writer for Comedy Central's *Stir Crazy* with Josh Horowitz and co-head writer for an Amber Tamblyn pilot presentation featuring Amy Schumer, Ilana Glazer, and Janelle James. Ok ALSO! You may have seen me on my almost famous TikTok Shitty Craft Club that has over 50K followers and a beautiful lil community of weirdos.

I've been writing and performing comedy with my best friend Becky Chicoine as duo *Girls with Brown Hair* since 2013. Together we've written for Comedy Central, headlined sketch festivals all over the US, and have both started Instagrams for our pets (children).

Yumi Sakugawa



YUMI SAKUGAWA is an Ignatz Awards nominated comic book artist and the author of I THINK I AM IN FRIEND-LOVE WITH YOU and YOUR ILLUSTRATED GUIDE TO BECOMING ONE WITH THE UNIVERSE. Her comics have also appeared in The Believer, Bitch, the Best American NonRequired Reading 2014, The Rumpus, Folio, Fjords Review, and other publications. She has also exhibited multimedia installations at the Japanese American National Museum and the Smithsonian Arts & Industries Building. A graduate from the fine art program of University of California, Los Angeles, she lives in Los Angeles.

NEWEST BOOKS

FASHION FORECASTS (Retrofit Comics, September 2018)

I CHOOSE YOU (EVERY DAY & ALWAYS) (Compendium, June 2018)

THE LITTLE BOOK OF LIFE HACKS (St. Martin's Press, May 02, 2017)