



Biography

Sole is an intuitive artist, Expressive Arts facilitator and educator living and working in Argentina. She runs her private practice at her studio in Buenos Aires and she facilitates expressive arts experiences at schools, corporations and private settings. She is also serving IEATA as the new coordinator for the South America region.

Sole studied business administration at Universidad de San Andres and worked in companies until her search led her to the world of the Arts. She explored different art modalities; studied and practiced "Point Zero Intuitive Painting" with Michele Cassau, "The Painting Experience" with Stewart Cubley, "5 Rhythms" with Jonathan Horan and Kelly Satz, Yoga Vinyasa Teacher Training at Yogabaires, and Vipassana and Mindfulness Meditation with Shauna Shapiro. She intuitively started to blend these languages in her creative practice and also in her workshops.

She was fascinated when she discovered the field of Expressive Arts, so she completed a postgraduate Certificate Training Program in Intermodal Expressive Arts at the Expressive Arts Florida Institute with Kathleen Horne and Tamara Knapp (EAFI, U.S.A.). Following her love for research and study through the Arts, Sole is currently pursuing an M.A. in Expressive Arts Coaching and Consulting at the European Graduate School (EGS, Switzerland).

Sole has been sharing her passion for the transformative power of the Arts, facilitating creative experiences and workshops for children and adults since 2013 at The Global School, Southern Cross School, Blooming Kindergarten, Escuela del Sol San Martín de los Andes, Patagonia, Saint Andrew's Scot School, and the Fundación FORO for Mental Health.

What drew you to the field of expressive arts?

I consider myself an explorer. I always loved to paint and create with my hands. Since I was a little girl, I painted everything I found in my house...furniture, walls, fabric. Growing up and following what I thought I “should” do, I studied Business Administration and worked for companies until I realized I was not happy and embarked on a journey to look for that spark again. That search led me to the world of the Arts. For many years, I looked for healing through creative intuitive exploration, so I painted, danced and wrote to feel free and alive. I intuitively started to mix and blend these languages until I discovered in the Expressive Arts a rich field of theory and also a community aligned with the path I had been following from my heart.



2023 - Final Project Presentation for Expressive Arts Florida Institute

How are you implementing multimodal expressive arts in the domains of therapeutic work, artistic practice, consultation, education, and activism?

In 2022 I opened my art studio in El Atelier Centro Cultural, a community of artists in Buenos Aires, to work together and share our passion for working with the Arts. There I offer expressive arts weekly and monthly workshops where participants can explore with different modalities, including meditations, guided visualizations, intuitive painting, writing, movement, instruments, collage, storytelling, improvisations and clay. I also offer Nature Based Expressive Arts experiences for groups in different natural locations like Delta (Tigre, Buenos Aires), San Martin de los Andes (Patagonia), and more.

In the education field, I am facilitating a Creativity Lab for high school students at The Global School in Buenos Aires. I am also part of The Learning Space, an educational consultant that offers services like talks and training to the educational community. I also offer creative experiences to corporate and private groups.

In my personal practice I keep searching for answers to my questions through the arts, mainly exploring with the Intuitive Painting Process, 5 Rhythms, Yoga and Journaling.



2019 - Creativity Lab: "Painting together with Nature". The Global School, Buenos Aires

How do you envision your work and artistic practice moving forward?

I see myself sharing the power of healing through the arts in many more places, to many more people! That is what I envision, contributing to that expansion in all directions.

What are your thoughts on the current role of expressive arts in your region and internationally?

I believe in my region very few people know about the existence of expressive arts as a field of knowledge and possibilities, and that is what I would like to contribute to. Also, by being a part of and service to IEATA, will help to expand the awareness of EXA in my region and internationally.

How does being a part of IEATA impact your work in expressive arts?

Being part of IEATA has made me feel part of a global EXA community, a place of belonging and shared values. For me, it is also a place where I find inspiration and new possibilities.

Some final thoughts...

I believe we are all creative by nature, and creativity connects us to an inner wisdom of infinite possibilities. I am passionate about creating spaces to share and accompany others to discover the treasures that we can all access, thanks to the magic of working together with Expressive Arts.



2021 - Creativity Lab: Community Building Project "We are not alone, we are all connected", The Global School, Buenos Aires

Professional Links

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Educational Institutes

[Universidad de San Andres](#)
[Expressive Arts Florida Institute](#)

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