



ART AS HEALING & OUTLET

Exploring Art as a therapeutic tool



Individualised Sessions, Limited Spots

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Sometimes, when words lack ability or aren't formed enough to express what we are feeling, we require another language and outlet to engage with. Art and its silent therapeutic value has been known to find healing and alleviation from stress, mood, anxiety, depression, grief, chronic pain and illness. As an artist who deals with chronic disability and pain I draw from my own journey and experience within art over the years, engaging with each person in a deep and personal manner, exploring ways we can together discover and use art as a creative and communicative outlet.

In these 1-1 individualized sessions we explore art as a expressive reflective and therapeutic tool, reconnecting and initiating a quiet dialogue, awareness and understanding with ourselves through the silence of the explorations and space around us. Removing inhibition and self judgement we focus on using art as a release, finding ways to to express stillness and mindfulness within a contained moment.

Derived from expressive art therapy techniques, explorations involve experimenting and familiarising with different media including watercolors, acrylics, oil pastel, dry pastel, pen, charcoal and collage. Sessions are designed and conceptualized for each individual taking into account their personal background and expectations from these.

OPEN TO : NON ARTISTS/ ARTISTS

Materials to bring :

A4 size SketchBook

Round brush/ brush set

An old plate to mix colours in

Bowl for water

75-80 mins per session/ once a week

Course fee : 3500 rs /- for monthly 4 sessions

(Individual) Limited spots : 1-3 at a time



Devika Sundar is a Contemporary Artist based in Bangalore. Her practice moves and shifts across different media, combining elements of collage, painting, and printmaking with photography, and installation. Her work explores art as a narrative medium of human connect; expressing collective themes of invisibility, illness, memory and impermanence within personal and shared human experience. Through her practice, she feels moved to articulate and give form to transitional, intangible feelings that lie deep within each of us, while critiquing and unraveling the walls and layers of cultural conditioning that disengage us from one another.

Devika has exhibited in solo shows at Gallery Sumukha and Alliance Francaise, Bangalore. She has also presented her project "Essentially Normal Studies" around invisible illnesses, as a keynote speaker at MYOPAIN 2018, an international medical conference organized by the Indian MYOPAIN Society – a chapter of the International Myopain Society.

Devika studied Anthropology, Art history and Visual arts in Sarah Lawrence College, New York and graduated with a Commendation in Contemporary Art Practice at the Srishti Institute of Art, Design and Technology.

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