

In these 1-1 workshops we explore art as an expressive, reflective and therapeutic tool, reconnecting and initiating a quiet dialogue and awareness with ourselves through the silence of the explorations and space around us. We focus on using art as a release, finding ways to express stillness and mindfulness within a contained moment. Explorations involve experimenting and familiarising with different media including watercolours, acrylics, oil pastel, dry pastel, pen, charcoal and collage.

Virtual sessions work similarly to our in studio ones. Techniques and demos are shared over zoom and we continue to develop the exercises and discussions through the session. The sessions are free flowing, and don't require prior experience. A zoom link will be scheduled and shared in advance, prior to each session.

#### **2020 - 2021 Session Details:**

##### **Course fee:**

Introductory 4 sessions: 3800/-

Extended 4 sessions : 4000 /-

##### **Materials:**

- Sketchbook A4 size ( Cartridge or watercolour Paper)
- Watercolour set - cakes or tubes -
- Round brush - Size 8 / 10
- Small bowl for water
- Palette / an old plate for mixing colours
- Pen / Pencil