

Art Therapy Sessions

*Experience Transpersonal Art Therapy
as a tool for self development,
expression and exploration*

Art as 'therapy' or 'medicine' has been used since prehistoric times.

People across all cultures have always used pictures to express themselves, tell stories, and be used in ceremony. Recently however, the concept of using art as a tool for self development has been an amazing breakthrough.

It is a popular choice for many as its benefits are wide and far reaching.

Art Therapy can be used for

Self-enquiry, awareness and development

Expression

Healing emotional wounds

Making decisions

Understanding what factors are at play in one's situation

Moving forward in one's life

A time of relaxation and creative play

Getting closer to one's purpose in life



Art Therapy is NOT about technique or artistic skills.

You will not be judged on your abilities to produce aesthetically pleasing creations

\$40/\$35 (conc) per session

For further details and bookings please contact Anji Fleming

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