

# *A Personal Journey Through Art*

*Welcome to what will be a therapeutic, exciting, personal journey through Art!*

*Venue: Lyonesse Bar, The Scillonian Club*

*Session time: 10am-1pm*

*Session dates TBC:*

*\*Launch of Exhibition... to be confirmed\**

*The Workshops:*

- ★ *Each week we will have a different themes of guided meditations to allow us painters to relax, unwind and reach a comfortable state of mind*
- ★ *Demonstrations of exciting painting techniques*
- ★ *Intuitive Painting which will allow us painters to express and explore ourselves in a relaxed and comfortable environment*

*The Final Exhibition:*

- ★ *We will have the opportunity to plan and hold an exhibition of the Artwork that we produce in the Secondary School Theatre*
- ★ *We will hold a launch party that will celebrate our success and enable our friends and family in our community to share our experiences with*

*The Fees:*

- ★ *The fees will cover any Art material, canvases and paper that we will use*
- ★ *The fees will also contribute toward the Final Exhibition*

*You will need:*

- ★ *Not previous Art experience is needed... just an open mind & an imagination!*
- ★ *Comfortable clothing, including an Art Shirt*
- ★ *A cushion or blanket*
- ★ *Your sketch book each workshop*
- ★ *To complete the continued work set each workshop*

*'A Personal Journey Through Art'*

<i>Session:</i>	<i>Meditation:</i>	<i>Technique:</i>	<i>Thoughts:</i>
1.			
2.			
3.			
4.			
5.			
6.			
7.			