

THE heart STUDIO

GUIDED CREATIVE PROCESS WORKSHOPS

PERSONAL GROWTH & TRANSFORMATION . COMMUNITY DEVELOPMENT . ART IN BUSINESS . RETREATS



ART *in* BUSINESS



CALM IN THE STORM

Explore mindfulness practices through art while learning to 'go with the flow' of change.

The ability to **adapt to change** is a crucial life skill in our fast changing world. This **playful**, mixed media workshop encourages **centeredness** and **mindfulness** in a changing creative environment. **Whole brain principles** are applied encouraging links to life and the **workplace**. **Non-judgmental** atmosphere. No art experience needed.

3 HOUR WORKSHOP (Tea break included)

INVESTMENT: Number of participants dependent

PARTICIPANTS: Minimum 4, Maximum 16 (contact Ashleigh about larger numbers)

LOCATION: On site, at the Heart Studio, or at a venue of your choice

Contact Ashleigh to set a date!

CONTACT ASHLEIGH: 0832085608

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ASTAR-TRAINED FACILITATOR . LIFE COACH . VISUAL ARTS TEACHER & TRAINER