

THE heart STUDIO

GUIDED CREATIVE PROCESS WORKSHOPS

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



ART
in
BUSINESS



STRESS RELEASE 'PLAYSHOP'

'Art washes away the dust of everyday life'. Pablo Picasso

This mixed media creative '**playshop**' is the ideal way to **release stress** and express oneself in a fun, non-judgmental environment. Participants get to **try new things**, have different experiences and **let go of control**. Getting to know each other in these new ways can be **fun!**

The environment is **inclusive and accepting**. No previous art experience needed.

All art materials provided.

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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www.the-heart-studio.co.za

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