

THE heart STUDIO

GUIDED CREATIVE PROCESS WORKSHOPS

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



ART
for
COMMUNITY



WHERE I AM FROM

A carefully guided **healing and empowering** mixed media workshop where participants can find their unique voice through **reflection and self-acceptance**. **Non-judgmental** atmosphere. No art experience needed.

3 HOUR WORKSHOP (Tea break included)

INVESTMENT: Number of participants dependent

PARTICIPANTS: Minimum 4, Maximum 16

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

Contact Ashleigh to set a date!

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