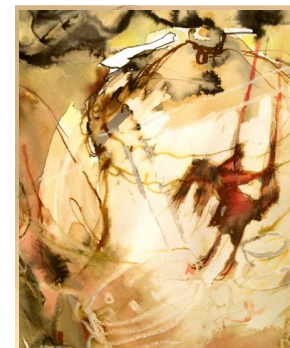


ART AND SOUL

Contact Michelle Knight:
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www.art-and-soul.co.za



Embark on a unique creative journey through the ASTAR* approach to art making

Rediscover your creative freedom & confidence

Experience creating spontaneously, playfully & honestly, without judgements, expectations & planned outcomes

Be guided through gentle art processes, allowing art works to unfold spontaneously through inspiration from feelings, imagination & intuition

Have fun exploring and experimenting with a wide variety of mixed media materials & techniques

Experience the creative process as a vehicle for self-expression, self-discovery & transformation

Experience art making as an abundant source of well being for body, mind & soul

No art experience necessary

Thursdays: 11 April – 6 June 2019 (excl 18 April), 9am-12, R2,160 for 8 workshops

Fridays: 26 April – 7 June 2019, 9am – 12, R1,890 for 7 workshops

Booking essential as spaces are limited (min 7, max 12)

Venue: 11 Daisy Road Scarborough

*ASTAR = Awakening Spirit Through Art

“Michelle’s classes are the most special thing I’ve done for myself since... in fact ever! I wish that everyone could get the chance to have this experience.” Tammy Shaw

Let loose the medicine in
your own hands”
Ian McCallum

