Creative Well-Being: Art Journaling Course

MS Society





Just bring yourself to this online session, everything is supplied.

About this event

We work with creating an Art Journal with a focus on one title each week of, Goals, Aspirations, Wellness and Passion.

Each session starts with a small guided meditation practice - we then move into working on the journal pages through building layers of flow and curiosity in acrylic paint. Using fingers, brushes, colour, creating and dissolving form we learn how to express creatively without using the mind to judge what the outcome will be or what to do next.

There is guidance, technique and prompts throughout each session to keep the thread of the theme evolving. This brings about a depth of creative nourishment and enhances well-being.

Sessions are held over Zoom and all details will be sent in a confirmation email on booking.

The session dates are:
Wednesday 5th October - 6:30 pm to 8:30 pm
Wednesday 12th October - 6:30 pm to 8:30 pm
Wednesday 19th October - 6:30 pm to 8:30 pm
Wednesday 26th October - 6:30 pm to 8:30 pm

(Yn gyffredinol bydd y sesiynau yn cael ei rhedeg drwy gyfrwng y Saesneg)

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