

Holistic

ART Therapy

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Walking the path of creativity and art is nothing other than walking the path of aliveness.

ART THERAPY OFFER FOR GROUPS

Joy, creativity and mindfulness are play spaces in which learning happens by itself. In the workshop, participants learn about creativity and its practical application for more play and ease in group processes.

- Ignite the joy of doing.
- Opening the way to the new.
- Constructive handling of blockades and dead ends.
- Get to know the effects of inspiration.
- Inviting play, lightness and liveliness.

Methods:

Mindfulness exercises, body awareness exercises, creative media, impulse talks, Open Circle.

The setting can be adapted to your needs.

Price by arrangement.

No previous experience is necessary.

Briant Rokyta is a visual artist, head of the art therapy department of the clinic in Bad Pirawarth and lecturer at the Academy for Art Therapy.

