

Holistic ART Therapy

Dates: Mo: 9.00-18.00
Tu, We, Th: 18.30-20.00
Fr: 9.00-18.00, Sa: 9.00.- 16.00
at Atelier Briant Rokyta
Maria Tusch Straße 8/1/43
1220 Wien Seestadt

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

Art therapy individual sessions provide ideal support for clarifying important life issues such as reorientation, search for meaning, self-awareness, self-care, dealing constructively with challenging feelings, or in exploring who you really are.

Holistic art therapy does not repair the old in order to quickly function again, but opens new approaches. The crisis is seen as a chance, the loss as an opportunity to become more aware and thus more content, more joyful, more connected to oneself and life.

Art therapy supports to develop one's own assets and strengths.

Methods: Attention- body awareness exercises, creative media, imagination and conversation.

Costs: 1 hour Euro 60.- 2 hours Euro 100.-

First hour trial special price: Euro 30.-

For bookings and more information kindly check: briantrokyta@gmail.com

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.

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