

# Stress Relief Through Art:

A one-day Course for Creative De-stressing Strategies that you can continue to use daily.

**PROGRAMME** 9 am – 4 pm

**(For complete novices or accomplished artists. Full instruction is given. No artistic talent is required.)**

9 am: Introduction

9.15 am: Breath work

9.30: Drawing Journalling. A fun and easy grounding exercise

10.30: Tea

11.00: Pottery. Feel the healing power of clay as you make a power-word bowl.

1 pm: Bring & Share Lunch (Sharing and human connection is an integral part of de-stressing)

1.45 pm Meditative Painting. Feeling as opposed to thinking will ground you into the process.

2.45 pm Mixed Media Transformation and Reframing Session

3.30 Closure Session

## About the Presenter:

**Louise** is an artist and entrepreneur who happened to discover her passion for coaching and counselling through the hard knocks of life. She has a Diploma in Counselling and is a Life Skills Coach. She has been leading groups in transformation for the last 9 years. This includes groups at Akeso Psychiatric Clinic, Adult Child Anonymous Groups and Self Esteem Development Groups. Her book Hamster Wheel Relationships for Women is an **international bestseller** with over 50 five-star reviews on **Amazon**.

[www.i-nfinitepotential.com](http://www.i-nfinitepotential.com)



**BOOK Your Day To Reclaim Yourself NOW**