

# Journey to Body Connection

## A PAINT OF HARMONY WORKSHOP

16.12.2023; 16:45 CET/ 2-2,5 HOURS

### YOUR SPACE TO JUST BE

There's nothing you need to do or need to be. This is your space. Your space to just be. This is your journey to yourself. You can finally come home to yourself.

The workshop starts with a meditation, specifically made for this workshop. I will guide you through it. After the meditation there will be some time to reflect on it, maybe journal or talk with others. Some time to feel into the body. And the last part will be a creative part. You are completely free on what you want to do, there are no limits to your creativity. Important: Listen to your body. Do things that feel good to you.

### SOOTHING FOR MIND AND BODY

Every kind of art is a good way to connect with our body and express our inner world. Especially in the creative part we will be really conscious. We will take the time to really feel into the body. Feel the materials and activate our senses. Look at the materials, touch them, smell them, maybe hold it to your ear and listen how it sounds when you touch it. The focus is on really being conscious with the process. Express ourselves and to give our body a voice.

### WHAT YOU NEED

For the creative part you can use whatever materials you want to use. Important is an underground like a paper, canvas or you can also use a cloth. It's a good first exercise to listen to your body what might feel good to you or what you want to use. You can use any kind of paints and materials (book pages, dried flowers, etc.). Whatever you want and feels good to you. For paints on water basis I would recommend a thicker paper. Otherwise the paper could curl. With a canvas, make sure that it is not closed at the back so that the paint can soak into the canvas well. It is also important to have a protective pad under the substrate when working with paint

NOTE: Since the focus is on connecting with the body, I would recommend using brushes only to a limited extent and acting more with the body.

Immerse yourself in your safe space and create an oasis of well-being. Put on comfortable clothes that make you feel good. You can make yourself a nice warm cup of tea and light some candles. Do exactly what feels good for you!

I'm looking forward to seeing you in the workshop!