

Hello! I'm Isla. I have been teaching art and facilitating therapeutic groups for around 15 years. I know first-hand the power of nature and the process of capturing this through any creative means. For me, drawing and painting opens up endless opportunities to switch off that overthinking brain or simply have fun playing. So often we are left with very little quality time in our week where we can do this. Carving out some dedicated time to meditate, explore, express and be curious can leave you restored and refreshed. Many people have the notion that they are "not good at art". This thought robs them of the joyful process of mark making. This workshop is for everyone, regardless of experience or expertise. We will be using a range of approaches and media over the 2 days together. There is no pressure to show what you have created, that is for you. However, numbers in the workshop are kept low to enable a trusting supportive environment where people can share and exchange their experiences if they wish.

So what is in store?

Day 1 looks at Breathe In. Using what nature provides to *meditate*, observe and record using a range of media, you will create your own art work to build on over the weekend and beyond. We will be focussing on small studies, mark making, drawing and painting incorporating found objects.

Day 2 looks at Breathe out. After a day of taking in the sights, sounds and feelings, day 2 is about *expression*. This may be what God has to share with you or expression of joy or gratitude, frustration or letting go. Looking at larger scale works today, we will continue to explore materials and techniques to release and relax.

The workshop will commence at 10am and finish at 3pm and will include lunch and refreshment breaks.