

Creative Arts Therapies

A 4-Week Journey into Expression, Creativity, and Movement

Join us for **Creative Arts Therapies**—a nourishing 4-week series designed to gently unlock your inner world through art, sound, play, and movement. This is your invitation to come home to yourself, express from the heart, and reconnect with your creative soul.

No prior experience is needed—just bring your open heart, curiosity, and willingness to explore.

The 4-Week Journey

Week 1 —Intuitive Art

Theme: Surrender & Self-Expression

- Explore the power of colour, shapes, and mark-making to express what words cannot.
- Engage in painting, finger painting, and playful creative exercises.
- Release expectations and judgment, focusing instead on the joy of process over product.

Week 2 — Sound Vibration & Healing

Theme: Harmonising Mind, Body & Spirit

- Experience sound as a tool for nervous system regulation and grounding.
- Explore vibrations through instruments, singing, and guided sound exercises.
- Discover how sound can awaken emotional expression and support inner calm."

Week 3 — Music & Play

Theme: Reclaiming Joy

- Engage with rhythm, musical exploration, and improvisational play.
- Experiment with instruments, movement, and spontaneous expression.
- Reconnect with the childlike joy of creative exploration without expectation.

Week 4 —Elemental Dance Meditation

Theme: Embodying Your Emotions

- Move with the elements—Earth, Water, Fire, and Air—to awaken your body and spirit.
- Explore guided movement as a meditation, connecting deeply to emotions and energy.
- Integrate the creative, expressive, and playful elements of previous weeks into embodied practice."

What You'll Gain

- Tools to express your inner world creatively through art, sound, music, and movement.
- A safe, nurturing space to explore and release emotions.
- Techniques to reconnect with your body, spirit, and inner joy.
- An awakened sense of your own creative potential and self-expression.
- A feeling of liberation, playfulness, and heartfelt connection to yourself.

This isn't just a course—it's four weeks of coming home to your creativity, your body, and your heart, and learning to express yourself fully and joyfully.