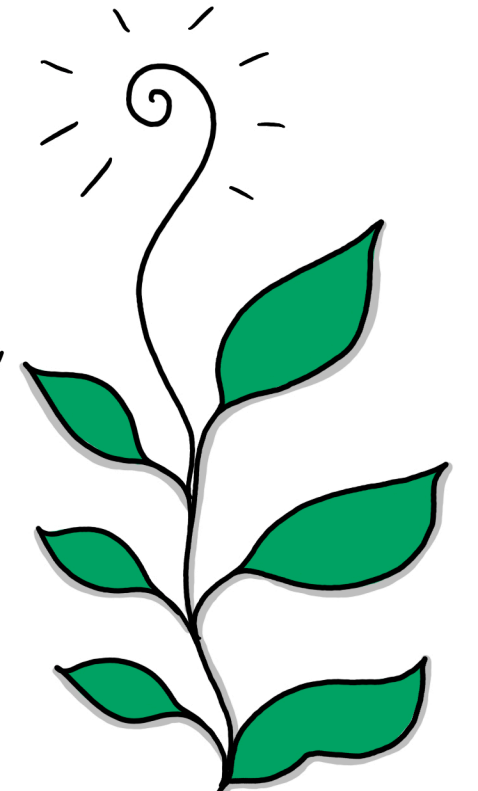


An expressive Arts Exploration

FACILITATORS: JOHANNA SUTTOR-DOERKSEN & CHELSEA ANGELES

USING VISUAL ARTS & WRITING AS A WAY TO NURTURE
& NOURISH YOUR RELATIONSHIP TO SELF-CARE



EXPRESSIVE ARTS

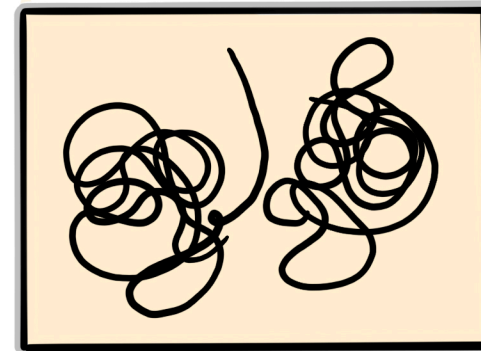
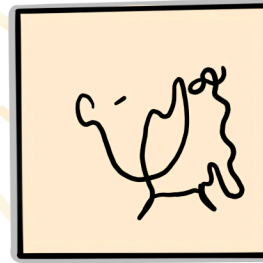
EXPERIENTIAL
WORKSHOP



Saying **yes!**
TO THE PROCESS

Reclaiming
our
INNER VOICE
& **engaging**
WITH OURSELVES

ONE LINE PORTRAIT
WITHOUT LOOKING
AT THE PAGE



BILATERAL DRAWING
CONNECTING THINKING
TO FEELING



WHERE IN YOUR BODY
CAN YOU OFFER
SOME SOFTNESS
& EASE?

Connect with your breath
BRINGING AWARENESS TO WHAT
YOU ARE EXPERIENCING

WHEN DO YOU FEEL
MOST LIKE YOURSELF?



WHEN DOES
YOUR BUCKET
FEEL FULL?



CIRCLE 4-6 WORDS
FROM THE LETTERS
& WRITE A POEM



LET IT FLOW.
IT DOESN'T HAVE
TO RHYME.

BE WITH YOUR ART.
NOTICE IT.
ENCOUNTER IT.
Write a letter to the
image in the language
that is closer to
your heart.

Write a letter from
the image to you.
ALLOW YOURSELF
TO BE SURPRISED
OR CHALLENGED.

reflection

presence

witnessing

play

joy

trust

comfort

exploration

WHAT DOES
ART MEAN
TO YOU?

What is **self-care** for you?

wholeness