

# Pod Studio



## Art Expression

Individual and Group Art Expression

New: Tween and Teen Creativity & Wellness Groups (Times/days tba)

Tuesdays/Thursdays 6 -7.30pm

**Contact:** podstudionam@gmail.com / WhatsApp: 081 3344 695 / facebook.com/silkeberenspod

### What is Art Expression?

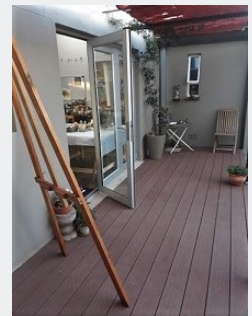
⇒ Art Expression uses creativity and forms of art in a non-threatening, gentle way to release tension, connect with yourself, gain insight into thought processes and feelings, and requires no skills or experience in art. It is based on the premise that creativity is fundamental to human health and well-being.

### What happens in an Art Expression session?

⇒ Enjoy the effortless flow of spontaneous art-making and creative relaxation in a variety of expertly guided visual art forms, including poetry and prose writing. A peaceful garden studio setting accommodates small groups, with an emphasis on confidentiality and safety. Personal exploration and communication is encouraged through mindfulness techniques and self-reflection prompts.

### What can Art Expression provide?

- \* Promote a sense of life affirmation and hopefulness
- \* Provide an outlet for emotions or ideas
- \* Connect socially and personally with others
- \* Enhance abilities to communicate effectively and authentically
- \* Encourages creative thinking and problem solving
- \* Increase brain connectivity and plasticity
- \* Empowers individuals to control themselves and navigate their environment



### Art Expression may benefit the following issues:

Stress and burnout, low self-esteem, interpersonal relationship problems, learning disabilities, eating disorders, bereavement, terminal and chronic conditions

(complementary/in addition to professional services, where appropriate).



Pod Studio. A space to thrive