

A L C H E M Y

DISCOVER WHAT'S AT THE CENTRE

ART MEDITATION WORKSHOP

This workshop is about truly letting go to the divine within, using breath work and music lead meditations followed by a spontaneous outflow of creativity.

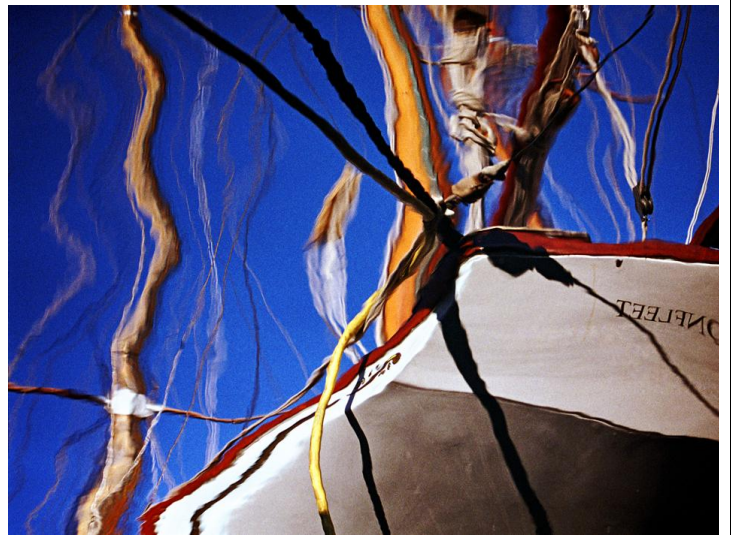
During a typical workshop, participants not only have an opportunity to acquire new creative visualisation techniques but an incredible opportunity to delve deep within to draw upon inner wisdom and inspiration. The workshops give participants a chance to acknowledge and truly feel that whatever 'mark' they make is perfect, unique, mirroring the true essence of the soul.

The course encourages unconditional acceptance, support and understanding within a group that is conducive to nurturing and developing the individual through art.

Participants will have the opportunity to experience the process of just letting creativity 'be' whilst having awareness of the impact of external factors such as music on the process of creation.

All materials are provided

with **Victoria White**



Victoria White, a renowned artist and photographer, is now teaching totally unique creative workshops.

SUNDAY, 8TH AUGUST 2010
2:00PM – 5:00PM FEE: £40

UNIT 101, STABLES MARKET, CHALK FARM ROAD, LONDON NW1 8AH

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