

Pastel Therapy Workshop (Christmas Special Introduction Course)

Pastel therapy is a healing method originated and developed in Japan. It is therapeutic, healing and calming for your mind.

This method also does not require any painting experience or special talents.

Christmas special workshop

You can experience Pastel therapy as well as Christmas card and bookmark making.

Pastel art therapy: Drawing light (mind detox)

Xmas card & bookmark making: Christmas motifs with light reflections

What you need to bring

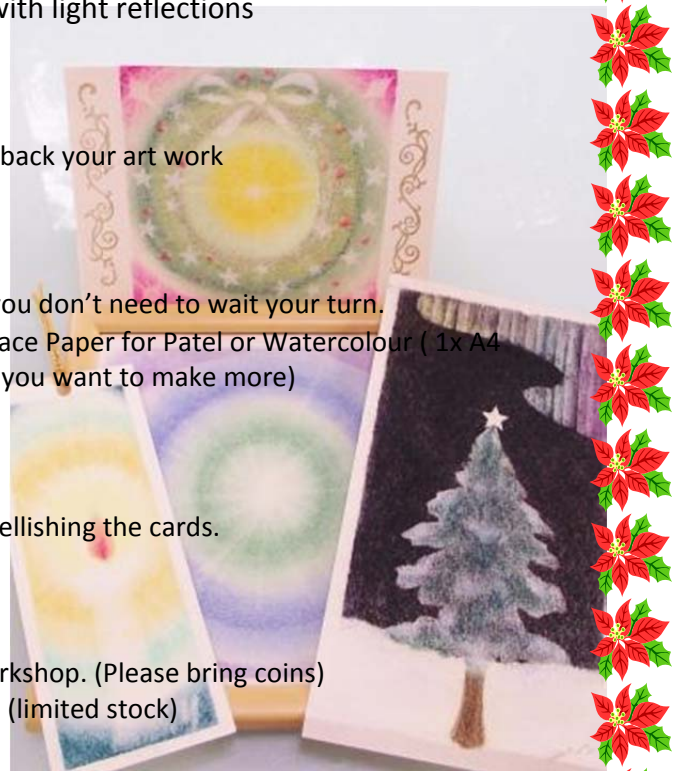
- Wet wipes or a cloth for cleaning your hands
- *A clear file or 2 pieces of cardboard for taking back your art work
- An apron or old shirt to protect your clothes
- Pencils and an eraser

You may want to bring (not compulsory)

- Set of semi soft colour pastels (if you have) so you don't need to wait your turn.
- *A4 size White or light cream colour rough surface Paper for Pastel or Watercolour (1x A4 size of paper will be provided at the class but if you want to make more)
- Ruler
- Masking tape
- Kneaded eraser
- Stamp, glitter pen, embossing tool etc. for embellishing the cards.
- Fixing spray for pastel
- **6in x 6in (15.2cm x 15.2cm) frame

*Also you can purchase them from instructor at the workshop. (Please bring coins)

** You can purchase the frame £3 to 7 at the workshop (limited stock)



Date:

Time: (2hours)

Place:

Fee: £15 +-

There are other therapeutic art workshops available. Please contact to me.

Current Workshop Information is available at [http:// yumi-therapeuticart.blogspotcom](http://yumi-therapeuticart.blogspotcom)

- ❖ Art glass colour therapy
- ❖ Mandala collage
- ❖ Therapeutic Porcelain art
- ❖ Therapeutic Sumie (Japanese charcoal ink) art

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