



## Mindful Art

Bespoke, wellbeing-led creative experiences for private and exclusive events — designed to keep guests engaged, inspired and beautifully guided through calm, playful facilitation

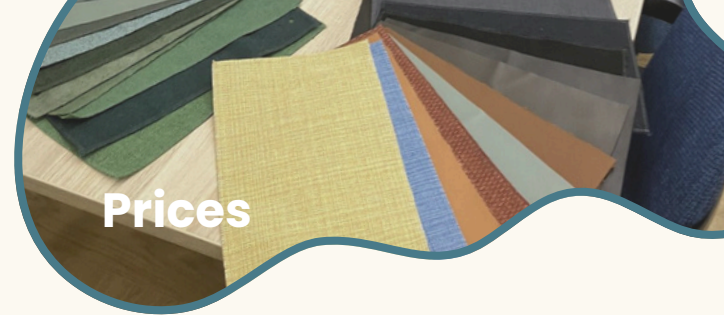
### Types of workshops:

- Creative and art workshops
- Body Scan Drawings and Paintings
- Dream and Vision Art Journals
- Expressive Arts
- Mindful Mandalas
- Mindful Art sessions
- Emood board
- Mixed-Media

- All visitors receive ebooks and digital documents that help them in their well-being journey.

### Important information:

- NDAs can be signed if needed, although discretion is part of our core values.
- A visit prior to the event is required for a risk assessment.
- Prices don't include travel or accommodation.
- The prices include materials for the set activities listed before; for special requests, prices may vary.
- The activities and timings are coordinated with the organiser.
- Prices include materials
- Enhanced updated DBS



## Prices

	Up to 25 guests
45 minutes	£120
1 hour	£180
2 hours	£300

It is best to book as far in advance prior to the event as possible to lock dates in. If it is possible to book at the last minute (less than 2 weeks) for an extra fee.

### CONTACT:

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📧 <https://www.thewellbeingdesigner.com/mindfulart>

🌐 <https://www.thewellbeingdesigner.com/creativelounge>