
WORKSHOP DESCRIPTION **CREATE AND CONNECT / COLOURFUL ABSTRACTS**

Part 1 (10–15 minutes)

Arrival and body connection work, including gentle fascia release techniques to support nervous system regulation and grounding.

Part 2 (20–30 minutes)

Large-format, community-based art-making on paper. This collaborative approach helps ease pressure around creating in front of others while encouraging playfulness and the release of perfectionism.

Part 3 (50–60 minutes)

Individual, small-format art-making on quality paper. This portion fosters a sense of safety and personal exploration, with ample materials provided to allow for multiple pieces and creative experimentation.

Additional Information

- *All materials are included*
- *Timing is approximate and may be adjusted at the facilitator's discretion*
- *Participants will leave with a minimum of one completed artwork*

