

A circular sand tray filled with light-colored sand. Various natural elements are scattered on the sand, including several smooth, rounded stones in shades of brown, tan, and dark grey. There are also several dried leaves in various shades of brown and tan, and a few thin, light-colored twigs or sticks. The tray is set on a light-colored wooden surface.

Sandplay x Art workshop

***Led* by a professional art therapist, this immersive 1-hour workshop invites you to experience the therapeutic benefits of nature and create your own personalized scenes.**

Together, we will naturally explore these visual landscapes, using the process to reconnect with our *inner selves* and gain a *deeper understanding* of our current emotional state.

Be still.

Your inner self is speaking