



Intuitive Art & Healing Workshop

NEW WORKSHOP ALERT!

Unlock Your Creative Vision

Drawing Exercises to Open Your Third Eye

Discover the joy of creativity in our welcoming workshop! Join us for a transformative afternoon designed to rekindle your creative spirit and open your third eye. Whether you've never drawn before or it's been years since you last picked up a pencil, this is the perfect opportunity to explore art in a supportive, non-judgmental environment.

This event is open to anyone, regardless of experience, as you will be guided by Sheila Rose, through the whole process, which is very relaxing and organic and there will be opportunities to reflect and perceive what is hidden in the lines.

Lucia will begin the afternoon with a short meditation and Light Language to raise your vibrations, allowing you to be more open to the experience. She will then manage the energies throughout the workshop and offer multidimensional healing as you work through your masterpieces.

Hot and non-alcoholic Drinks will be offered alongside some snacks and nibbles at no extra costs, during a break, where we will have an opportunity to share thoughts with likeminded individuals

Divine Light Wellbeing Centre - Colgate - West Sussex

12th October, 2:30-5:30 PM - £ 40 per person

All Materials, Drinks and Snacks are Included

REGISTER YOUR SPOT TODAY !

www.DivineLightWellbeing.co.uk

Workshop Highlights - First Half :

- **Relaxed Creativity:** Let go of expectations and enjoy the process of drawing. This isn't about performance; it's about expression and discovery.
- **Guided Exercises:** Engage in drawing activities that help tap into your inner creativity, allowing your true self to shine through.
- **Reflection Opportunities:** As you draw, you'll have time to reflect on what emerges, gaining new insights into your subconscious mind.
- **Community Connection:** Enjoy breaks with drinks, snacks, and conversation with like-minded individuals who share your interest in creativity and self-exploration.

Workshop Highlights - Second Half :

- **Intention Setting:** You'll be invited to write a personal prayer or intention directed to a deity, angel, guide, or your higher self. This intention will become the heart of your painting.
- **Acrylic Painting:** Learn techniques to incorporate your intention into your artwork using acrylic paints. Create a piece that not only reflects your creativity but also serves to heal and bless you in the future.
- **Take Home Your Art:** Leave with a unique piece of art that continues to inspire and uplift you in the weeks and months ahead.

This workshop is more than just an art class; it's a journey into self-expression and spiritual growth. Reserve your spot today and embark on a creative adventure that promises to enlighten and inspire. Take home a unique piece of art that will continue to inspire and heal you. Join us for a transformative experience!



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