

Workshops for Women

COLOUR

KEY FOCUS: Emotions



This is a beautiful, life-affirming workshop that helps us access the rich world of our emotions.

In this workshop:

- Immerse yourself in colour
- Access the wisdom of your emotions
- Develop greater peace, fresh insights, and strength

Emotions can be complex things. And a key part of who we are. Expressed well, they add colour and richness to our lives. Unexpressed, they can come out in all sorts of unwanted ways, including physical symptoms, and actions we struggle to explain. All emotions are part of the experience of being human - this is a gentle way of recognizing, expressing and celebrating them.

Colours can capture and express emotions, fears, hopes and so much more. Without the need for words, emotions are free to be more nuanced and richer. In this workshop, we use colour, art, music and movement to help us draw on the richness of our emotional life. And we develop the awareness to use our emotions as a guide to living.

Tell me more! We come to you, and using art, music, and movement, we lead you in a creative workshop that is enjoyable and enlightening. Workshops can be from 2 hours, to all day, and tailored to suit your needs. The cost of a 2 hour workshop is just \$15 per person.

So gather your women's group or friends and book a session.

We have a background in counselling, social work, and the arts. More importantly, we are women like you, who want to live, love, learn, laugh, and thrive – together.

Pricing - For a 2 hour workshop, pricing starts from just \$15 per person.

For further enquiries or a custom quote, contact us:

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