



PROCESS ARTS

Trusting Intuitive Wanderings



A somatic experience:

Process arts involve a somatic way of being with your creative process and your life that encourages intuitive intelligence, abundant presence, emotional awareness and courage. We enter into the art experience through body awareness, meditation, and energetic movement rather than through the intellect.

You can expect:

- *Play, experimentation and curiosity, textures, colors and lines.
- *Group interaction, strengthened intuition, experimentation.
- *New discoveries as you pay attention to what lights you up, what is easeful and what you love.
- *Emotional connection and expression through your own visual language.
- *Creative writing to support your art as a reflecting mirror of our fears, strengths, desires, joy, and all other emotions and sensations in the body.
- *Process Art Approaches: art journaling, mixed media 18x24 paper, or using nature as the canvas.



Materials

We will be working with various mixed media such as acrylic paint, oil pastel, liquid watercolor, collage, and earth pigments.

We also allow wonder and intrigue in nature to guide us into our creative expressions.

We'll learn how to become aware of and shift our energy and needs through the materials we use and the way we use them.

