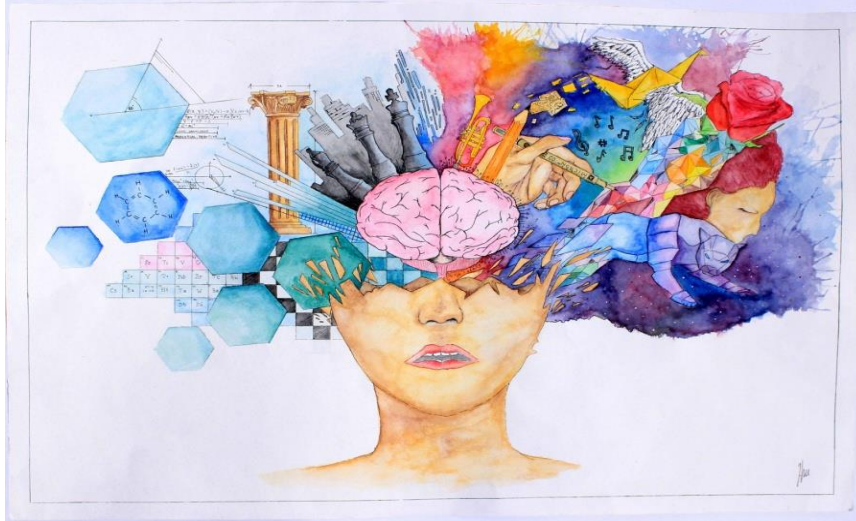


Abstract Art and Meditation WORKSHOP

‘Awaken Your Creative Genius’



YOUR INVITED!

Is this You?

- **Stressed and** needing to relax and enjoy a fun, creative day out
- **Beginner artist** wanting to ‘free up’ and move away from realistic painting
- **Carers** who need to take a day out for themselves and do something expressive
- Have an **illness** and want to learn how to heal through art expression and discover art as therapy
- **Have** a love of art and a desire for health and happiness
- **In pain (physical or emotional)**
- **Business people** who over use their left analytical brain and need a creative outlet to balance the right side of the brain to be more creative at work
- Business owner wanting to give back to their employees for a bonding day of creativity



Through Guided **EXERCISES** – Learn and Discover:-

- The creative force you didn't realise you had!
- The practice of making **your own unique style** of abstract artwork
- Re-ignite your artistic talents as a joyful hobby
- Use art as an **outlet for healing**
- How to relax through **breathing meditations** and centre yourself
- Explore and trust your intuition and translate that through art practice
- How to take risks, “**let go**” and “**free yourself up**”
- Develop the relationship between intuitive thinking (who you are) and logical thinking (line, shape, colour, composition)...to help you say what you want to say through art
- Have permission to “**play**” and have fun!



WORKSHOP DETAILS...

WHEN: Friday 22nd January 2016

WHERE: Mornington Yacht Club (Level 1 function room)
Schnapper Point Drive, Mornington

TIME: 10am – 4pm (Registration from 9.30am)

COST: \$175 adults (25% off for 2 or more people)

PARKING: Available around the Yacht Club

INCLUDED: Delicious Food and drinks **PLUS** all Art Materials

RSVP: info@marionparker.com.au or
Phone: 03 5974 8816 or
www.marionparker.com.au/art-meditation-workshop

ABOUT THE TEACHER



Linda Marion Parker ND has been a Naturopath, Homoeopath, Nutritionist, Massage Therapist, Energy Healer, Meditation Instructor and published writer for over 20 years.

For the past 10 years Marion has PAINTED. Starting with portraits, landscapes and realism, she quickly moved into impressionist painting and then fell naturally into abstract art, where she is most at home and feels most connected.

Marion Parker's artworks are sold to collectors all over the world as well as being represented in galleries in Melbourne and Sydney.

Marion has personally designed this unique **“Abstract Art and Meditation Workshop”** to cater to business people and those under short and long term stress, to help them relax, have fun and let go.

It is the culmination of her two careers and two sets of knowledge. She expertly combines these knowledge bases together to help people balance their integrative thinking, (left and right brain integration), and importantly have fun at the same time.

“In business we are often trained with one right answer, or things are seen as black and white, and there is no room for mistakes or improvisation.

With this in mind, I have developed a unique abstract art class.

This exciting one day workshop, teaches you to ‘let go’ and that it's okay to think and feel outside the square. I show you how to get connected to the place inside you where healing and creativity exist and nothing is impossible!”

Marion Parker ND –Contemporary Artist & Naturopath