

Seasonal painting workshops with Sally Martin

Focus of each workshop will be related to the time of year

8-10 March:

Seasonal painting for Autumn

14-16 June:

Seasonal painting for Winter

8-10 November:

Seasonal painting for Spring

Venue:

Michael Centre, 37a Wellington Park Drive, Warranwood, Melbourne.

Times:

Friday – Sunday 9.30 am - 4.00 pm

Modalities include:

- Light and darkness charcoal exercises.
- Moist-on-moist water colour painting
- Veil painting

Who would benefit from attending?

Anyone with a love for colour!

Teacher - Sally Martin

Sally painted in many different mediums in her earlier years, but since 1980 focused on water colour painting. Working with people with special needs enabled her to realize the therapeutic potential of art, and training in the Liane Collor d'Herbois approach gave her the insights and skills to develop the artistic and therapeutic work further. Moving to Australia in 2001 gave an opportunity to teach in many diverse situations and countries; in 2008 she founded The Sienna Academy for Therapeutic Art and Artistic Painting. www.siennaacademy.com.au

Cost (includes materials): Pay for all 3 by end of Jan 2013: \$300 x 3. Early Bird: \$330 (closes 8 weeks before each course) Full price for later bookings: \$360.

9-11 March; 14-16 June; 8-10 November 2013



Enquiries – Annabel Salomonsz

0412716592

Enrolment – Sally Martin

07 5478 6260

Therapeutic Art

Liane Collot d'Herbois' approach



“Traditionally the rainbow and the rainbow-colours have always played an important part in anthroposophic painting therapy. But one must remember that the rainbow always comes into manifestation between the light and the darkness..... “

Summary of Therapeutic Art Process

Many colloquial colour expressions testify to the power of colour: feeling blue; seeing red; green with envy; feeling in the pink, but we may not be aware that focusing on a particular colour can actually change the way we feel. Working with colour is an important part of the therapeutic art process, but equally important is to work with the light and darkness aspect to optimize the balancing process on a physical, soul and spiritual level.

In an individual therapeutic art session adults are invited to make their own light and darkness picture using charcoal, and also to paint a picture using watercolour on a moist piece of paper. As soon as the charcoal or brush touches the paper a process begins that activates the will to become healed. The ‘free’ work of the client provides the necessary starting point for a guided process.

Children are met in an age appropriate way and invited to paint whatever they would like for the first session. After the initial ‘free’ work, the subsequent paintings are part of a carefully guided process engaging the natural creativity of the child. It is only with older children from puberty onwards that the process may involve working with charcoal.

Therapeutic art is pro-active and preventative. Through supporting the client’s will to be healed in what may be an early latent stage of a potential illness the actual physical illness may never manifest.

In the words of a client: *“engaging in a therapeutic art process has opened up a whole new world to me and has helped me to find the balance and space to be able to handle life’s stresses and gain more confidence and trust in my abilities and myself.”*

Cost for each adult session, 90 mins; session, 30-40 mins:

1 session – \$120
2 sessions – \$95
3 sessions – \$75

Cost for each child’s

1 session - \$60
2 sessions - \$50
3 sessions - \$45

Family concessions available -please enquire.

Bookings Sunshine Coast:

Sally Martin

07 5478 6260

www.siennaacademy.com.au

Bookings Melbourne

Ann

03

04