

Art Therapy

FOR SELF-DISCOVERY



The right environment



Processing
emotions
through ART..
Why?











There's so
much inside us,
asking for
RELEASE





What we
resist,
persists.





The first step
towards change..
AWARENESS

Activity_1

- Self-discovery
- Self -Acceptance

Activity_2

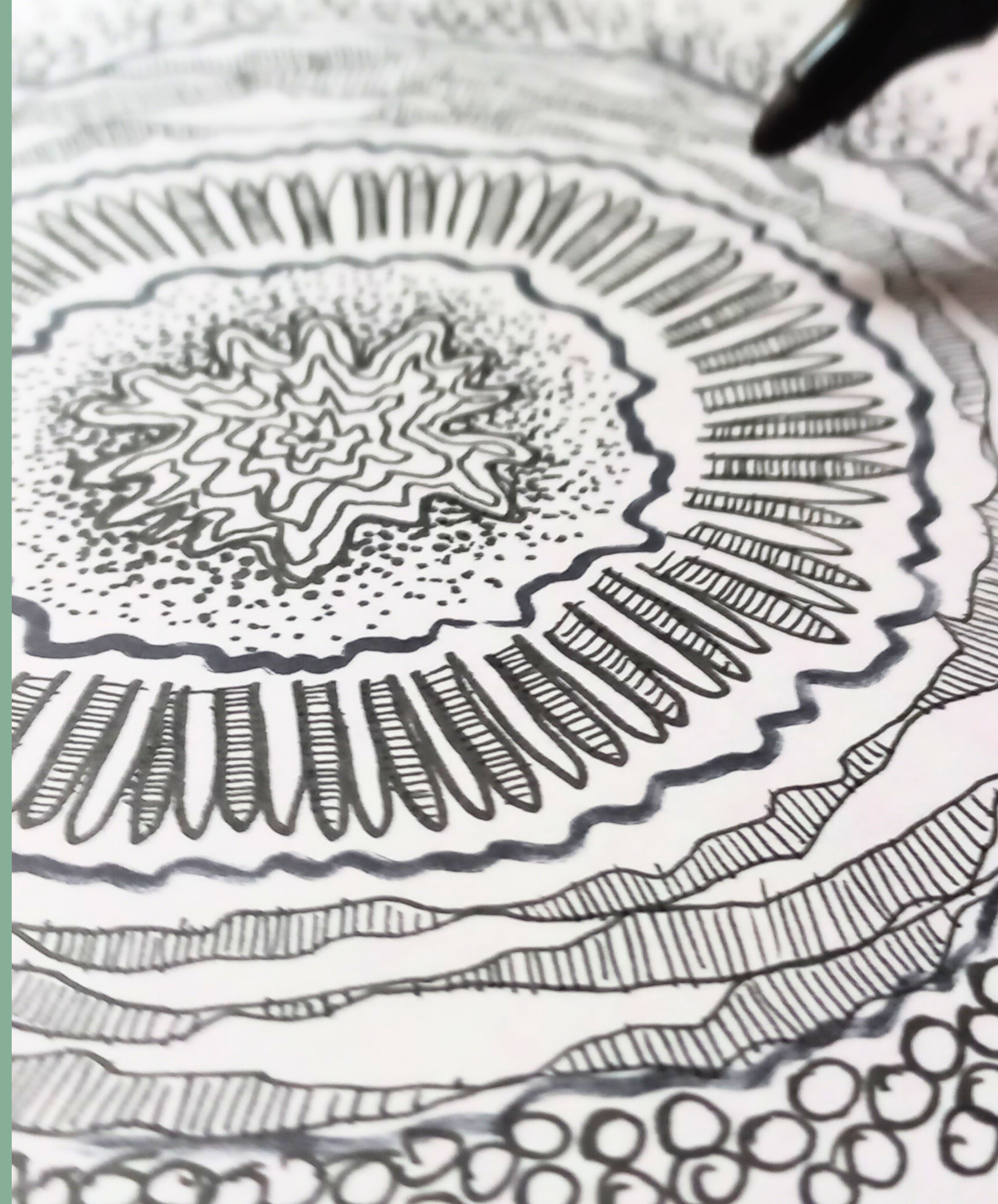
- Self-love





Ready to take the first step?

Activity - Mind Body Map



Activity -
Self portrait &
Tree of desires

