

## ADULT WORKSHOPS AT THE STUDIO WITH ANNA

### A Life Drawing Experience, 'Sacred Creation'

This workshop combines meditation, gentle movements and drawing. Commencing with meditation, the individual focuses within. Gentle movements aid the body to release the constraints to creative freedom. Sketchbook in hand the individual begins drawing the model, connecting with the life before them. Free from prior constraints, they begin to interpret life itself.

Duration: 1.5 hours  
Maximum 12 adults, male or female  
Location: Studio 6, Church St, Perth  
Bring: Sketchpad, drawing utensils  
Wear: loose, comfortable clothing  
No drawing experience required  
Cost: \$55

### Birth of Creativity Painting Workshop for Adults

This painting process involves freeing up the inner child, painting on the floor, and dynamically moving and connecting with our impulse to create. Each session will involve meditation, painting, sharing and movement. If you have been drawn to express your creativity, come and join in. This is not about art, it's about playfully awakening to your own life energy, creativity. The week break between the painting sessions allows a beautiful integration to take place and for the participants to experience the shift that creativity can bring to their life.

Sessions: 1 session a week for 3 weeks  
Duration: Each session is 3 hours.  
All materials are provided: inks, paints, brushes, hand made Indian paper, apron, painting board, morning tea.  
What to bring: comfortable clothing & water bottle  
Max 6 people, male or female.  
Location: Studio 6 Church St, Perth  
Cost: 9 hrs painting over 3 sessions \$580

### Private Painting Process for Adults

This personal 4 session journey can be tailored for the individual. It's an intimate creative process that creates space for the client to explore their creativity through a combination of gentle exercises, painting, meditation and sharing. Like the group process in many respects, however it is a one-on-one session with Anna.

Sessions: 4 sessions in total  
Duration: 1.5 hours per session  
All materials provided: inks, brushes, hand made India paper, apron, painting board.  
What to bring: comfortable clothing & water bottle  
Location: Studio 6 Church St, Perth  
Cost: 6 hours over 4 sessions \$720

### Osho Kundalini Meditation

Four stages of fifteen minutes each, this method is a gentle yet effective way to release all the accumulated stress of your day.

Duration: 1 hour  
Cost: \$20 per person

### Osho Dynamic Meditation

Recommended to be done in the morning, this hour-long method is a powerful way to kick-start your day. It provides an outlet for tension and withheld emotions as well as being a great energy-booster!

Duration: 1 hour  
Cost: \$20 per person

## KIDS WORKSHOPS AT THE STUDIO WITH ANNA

### Kids Painting Workshop

This painting process is about creative freedom. Kids, when given the space are so spontaneous, and this platform is the very essence of their natural creative spirit. Painting becomes the tool for them to explore what it is that makes them happy, what gives them energy and what are they curious about. The permission to create whatever comes from within them, allows the space for the mystery to surface within the child, and from that place great things can be discovered.

Sessions: one per week for 3 weeks

Duration: 1 hour per session

All materials provided: inks, brushes, hand made Indian paper, painting board

What to bring: comfortable clothing, painting clothes, water bottle

Max 4 Kids.

Age groups: Kinder, Pre-primary, lower primary (6,7,8yrs), upper primary (9,10,11 yrs), Tween (12,13,14yrs)

Location: Studio, 6 Church St, Perth

Cost: 3 sessions, 3 hours in total \$150

### Toddler/Baby Painting Workshop

A space totally created for each baby to explore with safe paints and paper. This is the space for 'Yes'. A creative and nurturing environment for the baby to gently discover their creative impulses in the safety of the studio.

Sessions: 3 sessions in total

Duration: 1 hour per session

All materials provided: paint, hand made Indian paper

What to bring: mum or dad to assist in being with baby

Max 4 babies.

Location: Studio 6 Church St, Perth

Cost: 3 sessions, 3 hours in total \$100