Finding Rhythm and Movement through Guided Drawing  
A Two Hour Art Therapy Workshop

As we begin to find our way out of lockdown, I’m left wondering how long it has been since we, collectively speaking, have felt safe in our bodies and in our environments. I acknowledge the emotional, psychological and physical impact this has taken on us as beings. I know that I feel this in my body, a longing to move freely and find my own rhythm again.

These first workshops after lockdown are an opportunity to experiment with your sense of movement, using Guided Drawing as a portal to bring you back to finding your own rhythm.

Guided drawing is a rhythmic, bilateral, sensory-motor art therapy. By using both hands to draw simultaneously, its emphasis is on process, flow, and sensory awareness. This, in itself, assists in reducing stress and regulating the nervous system and, as with all art therapies, it allows a nonverbal expression of inner states, without a focus on aesthetic.

The workshops are run by a qualified Art Psychotherapist and certified Guided Drawing practitioner.

All materials will be provided. You may wish to bring a shirt or overalls to protect your clothing from paint etc. Tea, coffee and homemade cake to nourish.

Program for the two hours:
2pm Meet and greet
2.15pm Housekeeping
2.20pm Short introduction to Guided Drawing
2.25pm Guided mediation
2.35pm Time to draw
3.35pm Closing group, opportunity to share
4pm Finish

Friday 25th June 2021 - 2-4pm - £60  
Saturday 26th June 2021 - 2-4pm - £60  
Friday 23rd July - 2-4pm - £60  
Saturday 24th July - 2-4pm - £60

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