



Rested Minds

Community/Personal Interest Workshops

Each session begins with a mini art technique for relaxation and skill building and is then followed by the hands-on activity and psychotherapy for self-knowledge

Sessions are to be booked individually. Bookings are essential.

For all enquiries and bookings visit www.restedminds.com.au

Month	Day	Date	Hands on activities	Enhanced understanding to achieve own desired outcome.
February	Monday	24 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Mini clay bowls Materials: air dried clay	Guided by your current life phase in the transformational journey.
	Tuesday	25 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Colour, Line & Shape Materials: chalk and oil pastels	What we show the outside world

March	Monday	24 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: sculpture Materials: plasticine	Compare and contrast of sculptures of life experiences
	Tuesday	25 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Colour shape and lines Materials: chalk and oil pastels	Where have I been, where am I now, where am I going?
April	Monday	28 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Colour shape and lines Materials: Chalk and oil pastels	Using movement to understand emotional body sensations to reduce physical stress. Masculine symbols of movement.
	Tuesday	29 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Landscape Materials: Chalk and oil pastels with rocks	Taking responsibility for ourselves
May	Monday	26 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Colour, shape and lines Materials: chalk and oil pastels	Using movement to understand emotional body sensations to reduce physical stress. Feminine symbols of movement.
	Tuesday	27 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Personality box Materials: shoe box and general craft materials	Understanding the 6 sides to our personality

June	Monday	23rd – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: psychotherapy (90min) Process: Mandala Materials: Chalk and oil pastels	Sense of knowing what brings us joy and strengthen boundaries.
	Tuesday	24 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Colour, shape and lines Materials: Chalk, oil and pastels	Using movement to understand emotional body sensations to reduce physical stress. Masculine symbols of movement.
July	Monday	28 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Mini clay bowls Materials: air dried clay	Guided by your current life phase in the transformational journey.
	Tuesday	29 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Colour, Line & Shape Materials: chalk and oil pastels	What we show the outside world
August	Monday	25 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: sculpture Materials: plasticine	Compare and contrast of sculptures of life experiences
	Tuesday	26 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Colour shape and lines Materials: chalk and oil pastels	Where have I been, where am I now, where am I going?

September	Monday	22nd – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Colour shape and lines Materials: Chalk and oil pastels	Using movement to understand emotional body sensations to reduce physical stress. Masculine symbols of movement.
	Tuesday	23rd – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Landscape Materials: Chalk and oil pastels with rocks	Taking responsibility for ourselves
October	Monday	27 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Colour, shape and lines Materials: chalk and oil pastels	Using movement to understand emotional body sensations to reduce physical stress. Feminine symbols of movement.
	Tuesday	28 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Personality box Materials: shoe box and general craft materials	Understanding the 6 sides to our personality
November	Monday	24th– 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: psychotherapy (90min) Process: Mandala Materials: Chalk and oil pastels	Sense of knowing what brings us joy and strengthen boundaries.
	Tuesday	25th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Colour, shape and lines Materials: Chalk, oil and pastels	Using movement to understand emotional body sensations to reduce physical stress. Masculine symbols of movement.