



THE MELBOURNE ART THERAPY STUDIO

Abbotsford Convent Arts Precinct

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CLAY & MANDALA GROUP



Commences 5th Oct 2010

TUESDAYS 12pm – 2pm

In this ten week workshop we will use both mandalas and clay to express, play and explore ourselves. The end of the workshop will involve a combined process of using the clay to make a mandala wall relief.

Mandala art can be used for self-expression, spiritual transformation, and personal growth. Clay provides a different material and process to evolve similar personal possibilities. Both mediums provide strong room to heal.

Mandala is a Sanskrit word that means "circle". In the Hindu and Buddhist religious traditions, sacred art often takes a mandala form, providing both spiritual and ritual significance. In therapeutic terms, psychoanalyst Carl Jung saw the mandala as "a representation of the unconscious self"

No previous experience in art making is necessary and all materials will be supplied.

Facilitator: Art Therapist Aliza Levi has spent the past fifteen years making her own art and facilitating art making groups in both Australia and South Africa. In the past five years, since completing her MA in art therapy, she has run various art therapy groups as well as worked with individuals and couples in community and private practice.