

Eagle Connect Art & Mindfulness

Avoncourt
Flat 4, 61 Bucks Road
Douglas, Isle of Man IM1 3EF
Isle of Man

Phone: 07624488807

No previous skills or experience required to attend these sessions, beginners welcome. Teaching you to become more confident; positive with life; in control and self-aware. All applied through the process of art and mindfulness. Learn to feel better about yourself and your surroundings.

6 Week Course This will be delivered as 6 weekly sessions to be arranged. Sessions delivered will help you to gain a better understanding of art and mindfulness. Your training will include: A demonstration, an introduction of art movements, color mixing in acrylic, basic drawing and painting techniques, how to work with various tools and mediums. Weekly sessions will be themed as follows: Expression Collage Mandala Still Life Drawing or Landscape Op Art Final Piece

Half Day Special A one-off three hour session, allowing you the freedom to express yourself through paint. A demonstration will be provided to you and will explain the different methods of application before you decide on creating your final piece.

1 Hour sessions available If you are looking for some help and advice with a particular method already listed above. One hour, sessions delivered on a 1-1 basis to support your needs. Please phone or email for more details.

Bookings and Payment: All sessions to be paid for in advance. Preferred methods of payment: Bank Transfer, cash or cheque. Cancellations: to claim a refund 7 days notice must given to receive a 75% refund of your original costs. Gift Vouchers for presents also available.

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