

Studio Practice Session

Monday/Tuesday: 2-5pm

6th Jan - 24th March 2020

This is an open studio space for you to pursue your own artistic process. The group is facilitated by one or two therapeutic art practitioners, who are available to support the participants artistically, technically and - if needs be - emotionally. The emphasis, however, is on the members to develop their own work, in a supportive and social environment.

This is a particularly good space in which to develop a theme or a body of work over a period of time. There is the possibility, if you wish, to share and review your work in the social context.

Cost: £7.50/hour, or £20 for a 3-hour session

Clay Club

Tuesday: 2-5pm

7th Jan - 24th March 2020

This winter, within the Studio Practice Session, we are starting a new weekly Clay Sculpture Club.

In this congenial artistic atmosphere, you will be able to work independently and/or under experienced guidance.

You are welcome to bring your own ideas to start your process, or ask for support in finding a theme that suits your interests and wishes.

Cost: £7.50/hour, or £20 for a 3-hour session



Studio Practice Day

3rd Saturday/each month

Enjoy a full day of artistic work in a social, inspiring and supported environment. Our studio practice will be available on the following days:

18th Jan / 15th Feb / 21st March

New and old members are free to join for the whole day (11am - 5pm), or as many hours as you wish. Booking is recommended. Refreshments will be provided, please bring your own lunch.

Cost: £7.50/hour, or £40 for the day, bring a friend and receive 10% discount each

Imagine Therapeutic Arts

The community-based studio offers a safe space where creativity can be a powerful tool for furthering self-confidence, health and wellbeing. It is run by:

Hisako Simon

Through my Anthroposophic training in sculpture and art therapy, I realised that engaging in artistic processes is a way towards encountering our own inner selves. On my journey I found that similar forms kept appearing which revealed aspects of my being, and I believe when we meet them with a sincere heart they open new dimensions to who we really are.

Laura Ridolfi

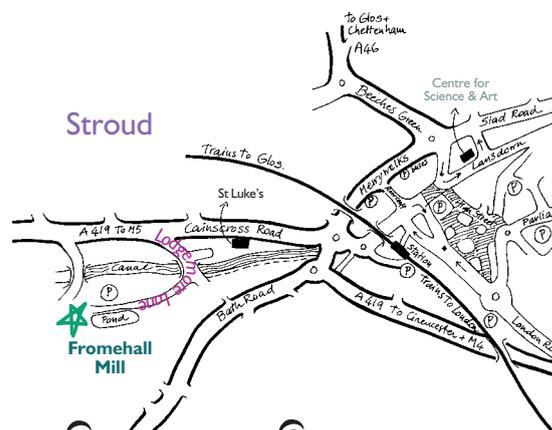
Trained in Anthroposophic art therapy, I feel that our creativity helps us to deal with the unexpected, to find meaning in our lives and the inner resources to change and grow. I see life as a journey, where the outer and the inner path interweave; art helps me to enjoy this journey: mindful in the process, I leave the destination open to the imagination.

Valentina Anselmi

In my Anthroposophic art therapy training I learned to trust the power of art materials. We enter into a dialogue with them through our whole being, and to them, we can only respond with truth. I discovered that the art we create is a loving mirror of the way we live our lives. Through the artistic process, we are able to meet and experience the many aspects of ourselves - gently embracing and transforming them.

Gift Vouchers are available from £10

Imagine is grateful for the support received from the Association for the Promotion of Artistic Therapy



imagine
therapeutic arts

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“Art does
not reproduce what we see.
It makes us see.”

Paul Klee

Winter & Spring
2020

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Welcome to Imagine Community Studios

In the heart of Stroud's mill heritage, between the canal and the river, **Imagine Therapeutic Arts** has developed within the premises of Fromehall Mill.

For over 10 years we have been offering an accessible and supportive studio space in which each member can explore and develop their creativity within a social environment. The studios are fully accessible for people with limited mobility.

Basic art materials (watercolours, oils, acrylics, pastels, charcoal, clay and many others) are provided and **no previous artistic experience is required** to join the studio and enjoy any of our sessions:

- **Studio Practice**
Monday & Tuesday, 2-5pm (weekly)
Saturday, 11am-5pm (monthly)
- **Clay Club**
Tuesday, 2-5pm (weekly)
- **Theme-Based Groups**
Tuesday morning, 10am-12.30pm
Thursday evening, 7-9pm
- **Art of Ageing Groups**
Wed/Thursday morning, 10am-12.30pm
- **Art Club for children & young people**
Thursday afternoon 4-5.30pm
- **Individual Therapy**
Please, contact us for further details
- **Coffee Morning & Art Session**
Friday 10-10.30am + 10.30am-12noon
- **Workshops**
Saturday 22nd February, 10am-4.30pm

To book any of the sessions, please visit our website or contact us on 07762 704738



Imagine Studios are **fully accessible** and available to hire. Please, enquire for details:

room_hire@imagine-therapeutic-arts.co.uk