

Eagle Connect Art & Mindfulness

Avoncourt
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Isle of Man

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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 be given to receive a 75% refund of your original costs.
- Gift Vouchers** for presents also available.

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