



ART AS PROCESS WORKSHOPS

Discover and explore your passion and purpose with these full day workshops. An invitation to come back to yourself, fill your cup, nourished and renewed. Each workshop has different themes and uses a combination of painting, drawing and collage with guided exercises, meditation and art therapy processes. Specifically designed to explore and uncover your unique authentic expression in a supportive group and nurturing space.

No art experience necessary, yet artists can benefit.

Includes all art materials and lunch.

At The Koornong Art Therapy Studio, Warrandyte, VIC

enquiries@taniavirgona.com.au

www.taniavirgona.com.au



Australian Counselling Association Inc - ABN 12 242 711 378



2018
PROGRAM

—
**Passion
&
Purpose**

Pandoras Box
September 16th

Heart of The Matter
October 21st

Story In Me
November 11th

Nature Speaks
December 9th

Enquiries

Tania Virgona

0421 808 401



Facilitators



Tania Virgona
A.Th.R, M.A.C.A
Art Therapist & Artist, SEP
Trauma practitioner, Tai Chi
Instructor, Mindfulness
Facilitator. Tania is a
registered Art therapist and
practicing Artist with a
wealth of experience in
running groups for adults
and children with a mental
health condition and
trauma. Tania is also a
Mindfulness and Tai Chi
instructor and has just
completed her Somatic
Experiencing training. She
has extensive knowledge in
art therapy processes with
artistic methods and
materials.



Kathleen Agius
BA Vis Arts, Florist, Creative
Art Workshops.
All round creative woman
living as artist/florist.
Heartfelt facilitator with a
passion for creative art
workshops, especially for
women. Kathleen
emanates the spirit of
creativity and compassion;
the fumbling, falling, fight
and flight of our soul's
journey.

2018 PROGRAM

Pandora's Box

September 16th

Free from the constraints of everyday life this creative journey is all about you. A tactile experience using images, objects, fabrics and words to transform a 3D box that reflects your authentic self. With step-by-step creative processes we slowly unwind, de-stress, trust our intuition and find self-acceptance, the final gift in Pandora's Box.

[Click here for bookings for Pandora's Box.](#)

Heart of the Matter

October 21st

Paint with passion. This is an energetic workshop to inspire your creativity and allow your heart to sing. With guided drawing and expressive painting we will connect and move through blocks and find openings that are available at every layer. These playful exercises focus on reducing stress and conflict by overcoming the self-critic, and allowing you to have an experience of flow.

[Click here for bookings for Heart of the Matter.](#)

Story in Me

November 11th

Don't worry about a thing, this workshop is a simple yet powerful process that allows a story to emerge. It may be a story of hope, change, healing or one you may want to rewrite. Step by step, page-by-page, we build our self-confidence, intuition and self-trust. A creative yet meditate play using words, images, collage, and drawing. There's a story in you waiting to happen and it wants to be told.....this is your chance.

[Click here for bookings for Story in Me.](#)

Nature Speaks

December 9th

Using art therapy, sand play, and collage and guided meditation we draw on the gifts of nature and the peace, wisdom, beauty and the refuge it offers. Throughout the day we will let ourselves **slow down and connect**, find our center, beauty, wisdom and resilience. Let the healing messages of flowers, animals, trees and all that nature offers, come to you offering guidance, support and strength for your life.

[Click here for bookings for Nature Speaks.](#)

Workshop Bookings

Cost \$250 + booking fee.

Each workshop includes art materials and lunch.

Location The Koornong Art Therapy Studio, Warrandyte, VIC
Directions given with confirmation email

Time: Sundays 10am -4pm. Please arrive 10mins early

info and enquires contact Tania Virgona

P/ 0421 808 401

E/ enquires@taniavirgona.com.au