

Introductory workshops in . . .

## Listening *through the Body* ~ with **Art**

6pm ~ 7.30pm

Tuesday April 3rd

at the Boilerhouse,

the Hidden Gardens, Tramway

**First night £2 ~ then 8 weeks for £60.**

Or . . . drop in for **£9 a night** ( including materials )

*then gently scan your brother man,  
still gentler, sister woman.*

R. Burns

**Bring your ~ Playfulness ~ Curiosity ~ Kindness and  
best to wear clothes you're not bothered about getting paint on !**

To book your place or for any questions about the course  
contact Tom on: 0141 535 1924 / 07940 224 365 ~ or visit . . .

[WWW.LSP-SCOTLAND.COM](http://WWW.LSP-SCOTLAND.COM)

## **NO ARTISTIC ABILITY REQUIRED !**

You do not need to be Picasso to attend this class and we will not be trying to make *perfect pictures*. While this activity is therapeutic and intended to help reduce stress, this is not a place for ' group therapy '. You will not be asked to spill your beans at any time ! We will work alone, in pairs and as a group though always just listening . . . and keeping company with whatever we notice inside ~ sensing into the body.

**If it is good weather we will work outside !**



This class will follow on from last year with new exercises and is intended to be useful to a wide range of people. So . . . if you are a parent, teacher, carer, health professional or anyone working with children, if you are a creative person with a piece of writing, a song, project or idea that you wish to carry forward or if you just want some time and a place to explore your internal landscape more. You are welcome.

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