

VISUAL ARTS WORKSHOP



Join artist Jessica Schuller as we explore the personal meaning behind color, shape, size and texture as it relates to our physical and emotional well-being. Using methods like collage, mark making and intuitive painting with acrylics and watercolor, we will discuss topics like “felt sense,” intuition, symbolism, abstract and literal representation, all while exploring our use of language and writing. Music based on rhythm and sound will inspire our creativity.

Participants will learn how creativity can be a powerful outlet and provide a safe space for self-discovery and nurturing our well-being.

**Soulful Art Making:
A Creative Practice for
Navigating Life & Self Discovery
with Jessica Schuller**
October 19 | 10am–1pm

*For more information and to register please visit:
hoffmanarts.org*

