

Online Art Therapy Group

EL DUENDE PAINTING

What is el duende?

A process based form of studio art therapy where each person has one canvas. The canvas is layered upon and paint on top of each session.



What to expect...

- process lived experiences and feelings
- explore body awareness and inner dialog through mindfulness and guided prompts
- share and be witnessed in a held group setting from the comfort of your home



Information

NO EXPERIENCE WITH ART MAKING NEEDED

The first Wednesday of every month August to December
4:30pm - 6:00pm online

\$200 total includes all five sessions and the canvas

SCREENING AND PREREGISTRATION REQUIRED BY JULY 25TH.

**CALL (603) 880-9880 X201
HP-NH.COM**