

Feeling the need to escape from it all?

Need some 'Me', time?

Wanting to relax and be creative?

Creative Expression & Relaxation through Art.

Join us for a two day weekend course of Art in peaceful and inspirational surroundings at The Hayes in Stone. This is an opportunity to build your skills and knowledge, which can then be transferred to your everyday life - Tools to deal with the stresses and strains of modern life!

Sat 14th & Sun 15th May from 9.30 - 4.30.

Please book early as places are limited!

Sessions will be led by Belinda Latimer BA Hons. PGCE

'As an experienced Secondary school Teacher and Mixed-Media Artist, I believe that learning how to channel creativity in a relaxing way can instill experiences which will assist in how you deal with life's ups and downs.'

Afraid of picking up a pencil?

Scared of the thought of painting (on paper, not walls!).

Then come along and learn the basics that will enable and inspire you to have the confidence to continue your creativity in your own home.

Suitable for complete novices or dabblers!

We will look at; -how to banish any previous bad experiences.

-how to look at, create, understand and appreciate Art

-how to use different media (paints, pencils, charcoal etc)

-how to just start off on your own!

Course cost is £90 for 2 full days.

Please note, all Art equipment you will use is supplied free of charge.

This will then be yours to take home and give it a whirl on your own!

The cost of the course also includes light refreshments.

You will need to supply;

- A notebook and pen,
- A packed lunch,
- A sense of humour – being able to laugh and have fun is a requirement of this course!
- Comfortable clothing – bring a jumper in case it's chilly.
- Outdoor clothing, including footwear, in case the weather allows some creativity outdoors.

How to enroll on the course.

Please call Belinda Latimer on 07545 865217 or email on belinda6315@yahoo.com to book a place. You will then be given further details, with maps and booking confirmation posted out to you.

Early bird Offer - book before April 14th to get a 10% discount.

If you bring a friend, then reduced rates are available.

Please ask for more details.

Please complete the form below and send it with your payment (by cheque), after provisionally booking with us on 07545 865217.

Course title	Creative Expression and Relaxation Through Art-May 14th & 15th.
Name	
House number & Street	
Town	
City	
County	
Postcode	
Telephone number	
Mobile number/email	

Please note: If you need to cancel your place on the course 50% of the course cost will be refunded. 50% will be retained to cover costs.