

Behold Art
with Yoga, Brush & Ink

WORKSHOPS

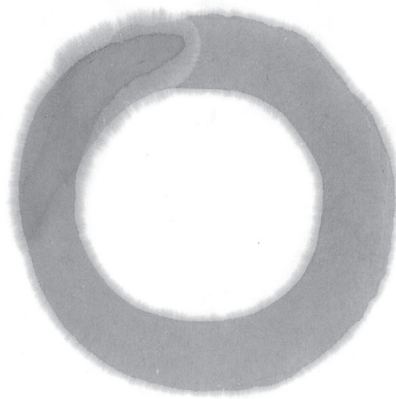
The Unfolding Self

through ink, brush and yoga

WITH RICHARD LIDDICUT

Tuesday 11th February, 10th March 2020

Yoga teaches that what we believe to be the self is in fact the ego which stands separate from life. The True self or the Atman is the ultimate essence of the universe as well as the essential being in humans.



These monthly workshops combine yoga and brush and ink techniques in a way that takes the student into an inner, fluid and interconnected world where the outer layers of the ego melt away to reveal our inner nature.

Pool of resources: Yoga - movement, posture, sound, relaxation, concentration and meditation practices; Brush and Ink - Ink Mixing, Japanese Ink Painting and Japanese Calligraphy techniques, Poetry and Intuitive Painting.

FOR BEGINNER & EXPERIENCED YOGIS AND INK PAINTERS

Time: 6.15 - 9.30pm

73 Grattan Street, Carlton

Ph. 9387 1236 • Cost: \$45 / \$33 conc.

NB - Discount applies when taken with 2 or more Brush & Ink classes.

Enquiries and enrolments will be handled through beholdartmelbourne@gmail.com

www.beholdart.com.au

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THE TEACHER:

YOGA BACKGROUND

- Between 1973 and 1985, received extensive yoga teacher training under the late Dorotea Mangiamele, founder of Mangala Studios of Yoga and Creative Dance.
- Richard has taught yoga continuously since 1975, and is a full member of I.Y.T.A.

BRUSH & INK BACKGROUND

- Since 1973 Richard has studied under a number of Oriental Ink Brush painting and calligraphy teachers. His major teachers have been André Sollier, Yap Teo Khoon, Ms Shigyoku Kitaoji, Zhang Jian Xhong, Yao Dixiong and Mr Houzan Ikegami. For 16 years he studied under the modern Japanese calligraphy master, the late Inagaki Suho, and at present holds the teaching rank 'Shihan Kaku' with the Shodo Gaku Shu School, Nagoya, Japan.
- In 1980 he began teaching Ink Brush painting at Mangala Studios.
- He has exhibited on numerous occasions in Australia and overseas.

BOOKING SECTION:

Book via TryBooking: www.trybooking.com/485042

Or, please fill in this form and email to: beholdartmelbourne@gmail.com

REQUIREMENTS FOR THE WORKSHOP:

- ANYONE WITH A PRE-EXISTING MEDICAL CONDITION SHOULD LET RICHARD KNOW THE DETAILS BEFORE COMMENCING THE WORKSHOP.

CONDITIONS

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- TO BE IN A GOOD CONDITION FOR THE WORKSHOP, THE MAIN MEAL SHOULD BE TAKEN EARLIER IN THE DAY.
- COMFORTABLE, LOOSE AND DARK COLOURED CLOTHING.
- MOBILE PHONES AND OTHER ELECTRICAL DEVICES
- E.G. IPAD - TO BE TURNED OFF.

PAYMENT SHOULD BE MADE BY CASH OR ELECTRONIC FUNDS TRANSFER BY THE MONDAY BEFORE THE WORKSHOP. SEE BANK DETAILS BELOW.

PLEASE DO NOT DETACH

Please read this brochure carefully and note any relevant details eg. Telephone number and address before returning.

Name

(given name) (surname)

Phone: (h)..... (mob)

Email:

Health/Concession/Pension Card Number: Expiry Date:

11 FEBRUARY 10 MARCH

Payment Amount

Circle Method of Payment: Cash or Electronic Funds Transfer

Details:

Details for EFT: Bank Name: Bank Australia Bank Address: 222 High Street, Kew VIC 3101
BSB: 313 140 Account Name: Richard Liddicut Account Number: 1923 3273
Richard's ABN number: 54 515 587 936
Receipt will be supplied upon request.