

Behold Art
with Yoga, Brush & Ink

WORKSHOP

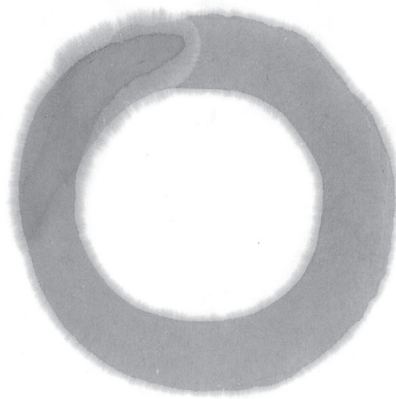
The Unfolding Self

through ink, brush and yoga

WITH RICHARD LIDDICUT

Friday 11th October, 8th November, 13th December

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.

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

www.beholdart.com.au www.beholdart.ntpages.com.au

