

**Behold Art**  
with Yoga, Brush & Ink

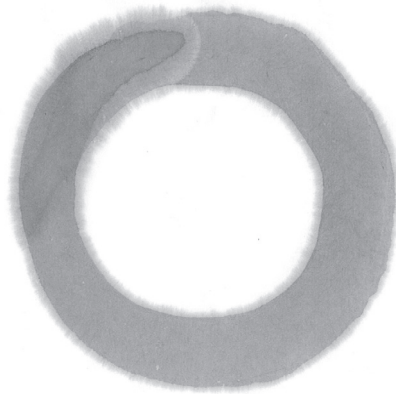
# WORKSHOP

## The Unfolding Self through ink, brush and yoga

WITH RICHARD LIDDICUT

**Friday 15th February • Friday 15th March 2019**

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.



This workshop combines 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: \$40 / \$30 conc.**

**[www.beholdart.ntpages.com.au](http://www.beholdart.ntpages.com.au)**

**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:**

If you are interested in attending, please fill in this form and email to: [adrian@mdmcopycentre.com.au](mailto:adrian@mdmcopycentre.com.au)

**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 WEDNESDAY 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: .....

15 FEB  15 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.