

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

# **WORKSHOP**

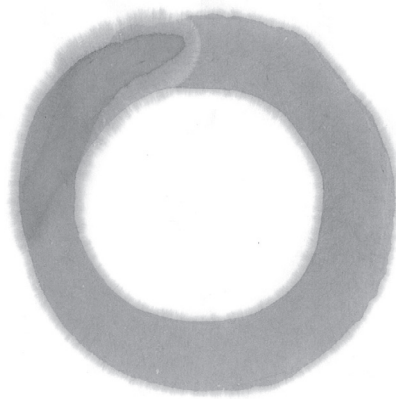
## **The Unfolding Self**

through ink, brush and yoga

**WITH RICHARD LIDDICUT**

**Friday 17th May • Friday 14th June 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.**

Richard will be in Japan from 27 March – 9 May.

Enquiries and enrolments will be handled through [beholdartmelbourne@gmail.com](mailto:beholdartmelbourne@gmail.com)

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

