



# Creative Play – online Psychodrama and Art Therapy

**4 Friday Afternoons, 3- 4.30 pm (AEST) July 2022**

**Leader: Jaya Narayan**

Think about a time in your life you felt creative without judgement? Imagine the sights, the sounds, the temperature, who you were with -- and as you remember, notice what happens in your body -- the sensations, any movements. These are the prompts that creative arts therapy allows as a warm-up. This series is an opportunity to experience a meeting of creativity and spontaneity, to bring playfulness and imagination to life. We will use warm-ups from creative arts to bring to the Psychodrama stage in a four-session series. This personal development group is suitable for anyone wanting to reignite a loving relationship with creativity.

**Fee:** \$150.00.

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