

# Art for the 'Health of It'!

**30th January 2025**

During this class we make use of the function of art processes to Relax and Unwind. De-stressing from the ups and downs of life is a priority here. This is our space to create and unwind.

The outcome is less important than the process. Therefore there is less focus on the principles of art and more emphasize on the processes and interpretation.

As we begin a New-Year and venture into 2025 together, we can take inspiration from Nature and how it constantly evolves and continues to over awe us with beauty and breath-taking surprises.

## **Materials**

(During these lessons I use materials and equipment sourced from Seawhites of Brighton. A leading British Educational Supply company via their own Artesaver online store.

<https://www.artesaver.co.uk/>

Discount available to Goldster attendees using code- JS10 )

2H,HB, 2B pencils, eraser,sharpener

Acrylics on A4 canvas panel



*Image supplied –unsplash*

