



S I E N N A
A r t S p a c e
Art School & Holistic Care

Welcome to 2025 II Edition 1, 2025

Exploring Spiritual Power through Balance, expanding the wellbeing-wisdom within you in 2025.

Acknowledging the features of growth pronounced in the journey, forms completion in 2025, with horizon in full feature. It's a beautiful sunrise.

Art activates Well-being

Art yields growth.

Art activates Wellbeing.

There are a number of profits involved naturally as we create in the artmaking process:

- Soothing Interaction with both colour and greyscale art experiences.
- Release expression through a variety of forms (dry and wet media) and expressive techniques (fast and slow impact-art as modalities)
- Output orientations are offered in a studio atmosphere (where activations are a 'sensory experiences' – digestible, thoughtful and purposeful).
- Draw and paint experiences are apparent sensory acquisitions for wellbeing.

Development is with each therapeutic release. It is focused on gravitations, for the benefit of wellbeing.



Immerse yourself in Creativity

We express a dialogue to facilitate identity surface relationships, to shift stagnant energy and unresolved 'dreamings'.

- Journaling as output connection – the art allows us to birth those dreamings and clears the pathway blocks to expressive territory.

Those who discuss their soul-honesty proactively and positively increase growth. Those who activate the throat chakra and the heart and sacral awareness have success episodes, through every action whereby they recognise wellbeing in sequence. We commonly call this expression.

- Artists who also share discussion, activate social climate positively form positive relationships with their ego and also soul-response in community-activity. (*I express, he/she expresses, we share expression*).
- Artists who develop a rapport with multiple modes of connection to practice benefit. Any artist who also exercises and grounds, generates increased wellbeing.

Questions to ask yourself:

Do blocks exist in my expression?

Do I converse about my art with others, as well as make it?

Do I generate opportunity to be in a holistic framework of studio practice?

Have I balanced my Art recreation with other wellbeing pursuits?

Expression can be one of the most challenging aspects to living a Healthy Life. Art is a wonderful key to exploring expression and it is important to consolidate with what generates expressive release for us on an energetic level, as a social experience and as an active, conscious practice.