

Do not wait any longer.
Dive into the ocean,
and let the sea be YOU
- Rumi

Studio rules

Take care of yourself



I look forward to guiding you on your creative journey. Please observe the following **10 rules** for the creative process before we start. Be sure to read them carefully before the workshop:

- 1. Mindfulness.** The Spirit&Heart Art Studio and process offers you a safe, respectful and non-judgmental space.
- 2. Preparing.** Allow yourself enough time to arrive and settle in before the start of the workshop.
- 3. Me-time.** This is your time, your space and your creative process.
- 4. Do not disturb.** Take your time and don't be disturbed by the outside world. Make sure that children, spouses and pets are taken care of..
- 5. Avoid distractions.** Set your mobile phone to flight mode, but feel free to keep it close by to take photos or set a timer during the process.
- 6. Practice acceptance.** Throughout the process, try to encourage yourself and avoid criticising yourself - for most of us this is a challenging task. So please, be gentle and compassionate with yourself.
- 7. Do not judge.** There is no right or wrong in art making, no good or bad, no praise or criticism - any kind of comment can disrupt the creative process. In my role as facilitator, I am not here to judge you, but to guide and inspire you. Every „mistake“ gives you an opportunity to try something new that you might not have considered before.
- 8. Enjoy.** Be curious, open, explore, let the inner child play and just have fun.
- 9. Sharing with an open heart.** The reflection phase is always optional for all participants. If you are sharing, remember to choose your words carefully, and for those who are listening, please be attentive and listen with an open heart.
- 10. Respect.** Everything that is shared in the group or with me is kept strictly confidential - in this way we ensure that we create a safe space in which we all feel comfortable.