

# Goldster Art Class

19<sup>th</sup> September 2024

**Art for the Health of it!**

**Suitable for all levels!**

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## **Expressions Class!**

This is a special monthly class where the theme is linked to other discussions and topics that have been of interest in the Goldster Platform as a whole.

This month the topic is to do with positive emotions and links with the emotional health community group. This subject matter is inspired by Polyvagal Theory. The main aim is to focus on 'glimmers' which is tied in to the Polyvagal Theory as we can look for positive subject matter (things that bring us calm and peace joy etc.)

Suitable for acrylics, watercolour and pastels! Colour pencils

I will be using acrylics.

- Your preferred panel or paper

Image supplied by AI



