



IGNITE YOUR TEAM'S SPIRIT THROUGH ART



Discover your inner Picasso by integrating an art team building activity into your meeting. These workshops are meant to be fun and are a great way to foster creativity and boost team engagement while encouraging self-expression.



GUIDED PAINTING (2 hours)

Take a guided painting journey to create your own masterpiece, whether a landscape or floral art, or a custom piece that reflects your company's mission. Receive step-by-step guidance and support throughout the journey.



MANDALA ART (2 hours)

Mandala, a Sanskrit word for 'circle' and 'wholeness', involves creating intricate patterns using shapes, lines, and geometry. The journey starts from a single dot at the center, with your intention as the inspiration. Enjoy reflection and contemplation as the creation unfolds. .



COLLABORATIVE ART (1.5 hours)

Create a collaborative painting with your team using prompts, stencils, and painting tools provided to inspire creativity. The painting can be displayed at your workplace as a reminder of the joy experienced during the workshop.



WOOL FELTING (2 hours)

Experience the joy of artistic expression with a wool felting workshop. Discover the soothing and visually stunning world of fiber sculpture. Choose to learn about and experience needle-felting techniques to create an individual wool sculpture or collaborate with your team learning about wet-felting techniques to create a beautiful wall hanging for your office.



ART-SCULPTING FOR SELF EXPRESSION AND PERSPECTIVE BUILDING



IMMERSE YOURSELF IN ART

Designed to shift awareness from the mind into the body, these experiences reconnect us to our sensory intelligence—reminding us that we are not just thinkers, but embodied beings who feel, sense, and move through the world.

To change your reality, you must first change the stories you tell yourself. Art is the invitation to do just that—to break free, to explore, and to step into a more expansive, creative, and empowered version of yourself.

Unlocks New Forms of Expression

When words fail, the hands speak. Sculpting gives shape to emotions and insights that may be difficult to articulate, allowing for deeper self-reflection and release.

Ignites the Sensory System

The tactile experience of shaping materials engages different parts of the brain, stimulating creative flow, presence, and an embodied sense of transformation.

Rewires the Inner Script

By creating something new, we disrupt habitual thought loops, making space for new narratives that align with our evolving selves.

Expands Perception & Awareness

The act of creating from raw materials mirrors the way we shape our own reality, helping us see beyond fixed perspectives and step into more fluid, open-ended ways of thinking.

Integrates Mind, Body & Emotion

Creative expression harmonizes brain activity, fostering whole-brain coherence, emotional regulation, and a deeper sense of alignment with our true essence.

