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**MINDFUL WEEKENDS**

## THAT'S NOT ME! – HEAL WITH SELF (PORTRAIT)

**MENTAL HEALTH INCLUSIVE ART-BASED THERAPY WORKSHOPS FOR ADULTS**

CURATED BY  
SENSES

[HTTPS://ZOOM.US/WEBINAR/REGISTER/WN\\_QF7\\_MOPRHQ96J13GBM87POA](https://zoom.us/webinar/register/wn_qf7_moprhq96j13gbm87poa)

DATE: 12 DECEMBER 2020  
 TIME: 4:00 PM – 5:00 PM  
 DURATION: 45 MINS + 10 MINS OF MIND CONDITIONING ACTIVITY  
 NUMBER OF PARTICIPANTS: 15

Without a creative outlet, the stress and mental fatigue can become overwhelming. This session is all about self-reassurance, positivity and art. This conscious and focused activity will be able to help get into and unlock, de-stress, and initiate a process of healing from within.



The workshop has limited seating. If you are not able to attend the workshop due to some reason, please inform us via email at keith@serendipityarts.org.

The workshop will be conducted in English. If you would like an ISL interpreter, please write to us at prerna@serendipityarts.org.

**MATERIALS YOU WILL NEED:**

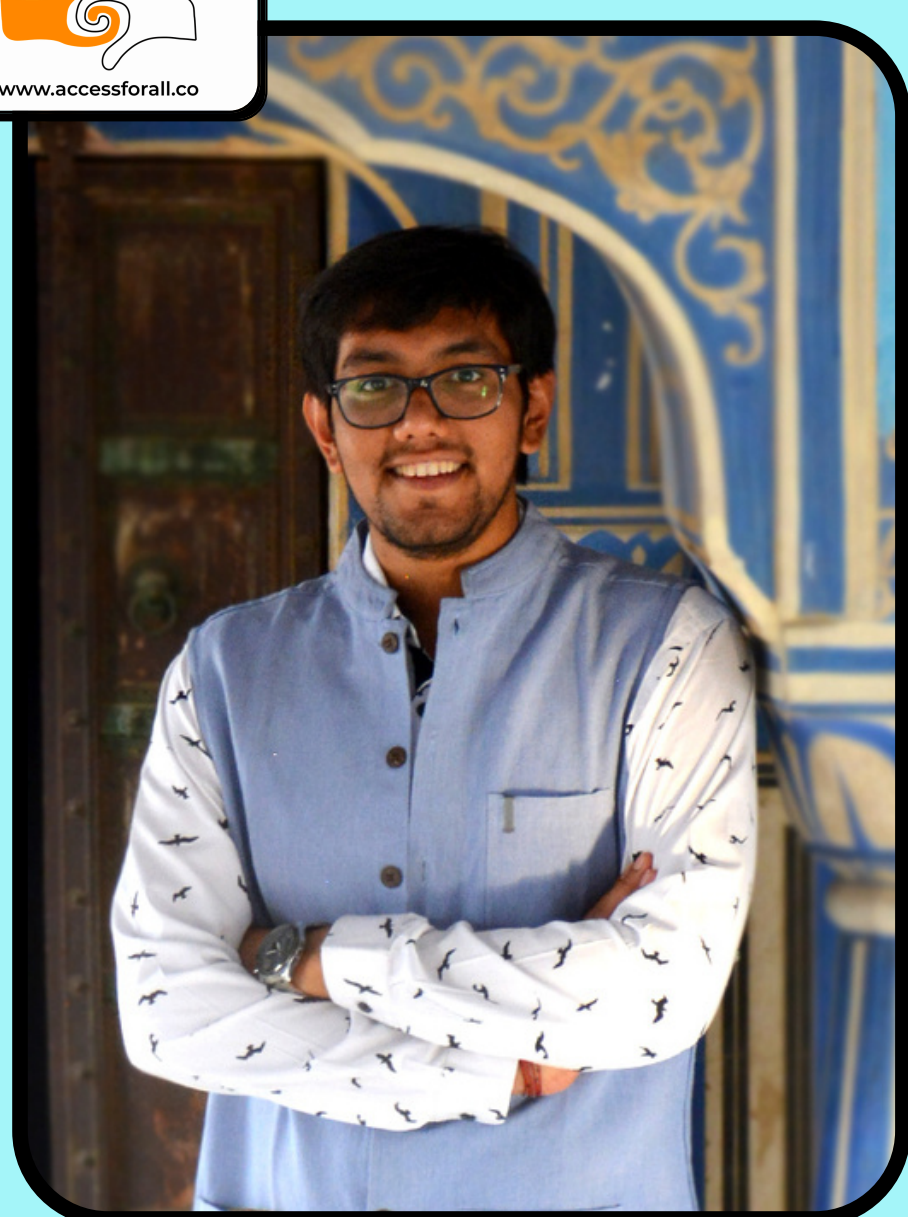
<small>BLACK PEN / SKETCH PEN</small>	<small>PENCILS</small>	<small>THICK BLACK MARKER</small>
<small>PAPER - WHITE OR COLOURED OR CANVAS</small>	<small>PACK OF SKETCH PENS</small>	<small>PAINTS (ANY TYPE)</small>
<small>BRUSHES</small>	<small>WATER</small>	<small>CLOTH</small>

**ABOUT SENSES**

With an approach towards accessing and engaging with arts holistically, for a wide array of enthusiasts and art-lovers we presented the first edition of Senses at Serendipity Arts Festival, Goa in 2016. Serendipity Arts Festival since inception has made considerable and conscious efforts to make the festival as accessible as possible to a diverse community of visitors. The ongoing situation mandating social distancing is only a challenge for our imaginations—leading us to curate accessibility via digital media and platforms. Access For ALL has curated Senses Virtual a digital platform to provide access via inclusive arts-based therapies and creative workshops focusing on the mental health and diversity.

**ABOUT ACCESS FOR ALL**

Access For ALL is a one-stop destination for all accessibility, inclusion and diversity needs. It aims to bridge the gap between arts, cultural heritage and disabilities by providing state-of-the-art facilities, services and products. It is the first organisation to receive a national level award and the Nipman Foundation's Microsoft Equal Opportunities Award as an Enabler in segment of Universal Design. Access For All has been working across the globe and has a staff with varying abilities. The focus is clear - Nothing For Them Without Them.



**ABOUT THE FACILITATOR**

Arts Accessibility expert, Arts-based therapist and an educationist, Siddhant Shah has been working in the space of arts and inclusion in India and around the world. He has been designing curriculum on Design and Disabilities; and lecturing on the same at various platforms like TEDx and institutes like IIT Guwahati, XLRI Jamshedpur, NID and others.

**SERENDIPITY ARTS VIRTUAL**

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