



'Feeling Good through Colours'

A 'Colour Mindfulness' Workshop for Wellbeing:

Through painting a series of abstract Artworks explore how the different energy levels of colour can empower us for our own wellbeing.

Date: 24th & 31st July

Venue: Timbarra Community Centre

Cost: \$45.00 (includes all materials)

Time: 10am-12 NOON

Paintings will be done in acrylics, watercolours and inks.

Bookings Essential on 9796 1970

Classes with Karen Rogers

Bachelor of Education (Visual Arts), Higher Dip. of Teaching (Art and Craft)

Diploma in Colour Therapy, Diploma of Interior Design

I am an experienced Art Teacher with a passion for teaching and creating image making. Studies of plants, shells, landscapes and all other imagery inspired by the beauty of nature are my main sources of subject matter. I use a wide variety of media including painting in oils, acrylic paints, watercolours, inks and oil pastels as well as photography, textiles and ceramics. I like to explore painting in a full range of styles: expressionism, stylisation, impressionism, realism, patterning and abstraction. In my photography I am currently interested in capturing abstract images inspired by colours of the light spectrum. For my general painting and drawing classes I encourage an individual approach to style and show methods for achieving the effective use of design and colour. In all classes I can help students personalise their designs to harmonise with their home interior decor and also familiarise students with a knowledge of the power of individual colours for well being.
