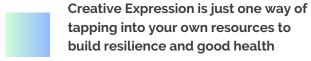
TRANSPERSONAL ART THERAPY FOR WELLBEING



Cultivating awareness and inner peace

Art Therapy can help reduce stress and anxiety, improve mood, and promote overall well-being.



Engage your senses, your creative brain. Connect with yourself on a higher level.



Curious to know more?
Contact Judy at JayRad Art Therapy
0409196180 or
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for your local group or individual
sessions