

# 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.

Creative Expression is just one way of tapping into your own resources to build resilience and good health

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

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