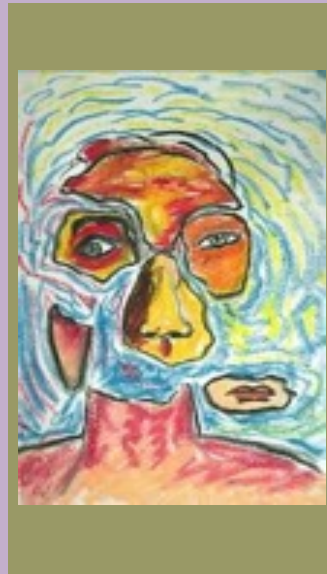




# Expressive Arts Workshop to benefit Fundatia Inocenti – supporting Romanian children and families in need.

‘The purpose of art is washing the  
dust of daily life off our souls...’

Pablo Picasso



## What is expressive arts?

Expressive art is spontaneous art. Spontaneous creativity can be a relationship to that which is beyond our ordinary consciousness. It awakens the senses. No artistic expertise required, just an open mind, a willingness to play with a mix of creative media, curiosity and a respect and acceptance of your own and others' emotions. When we listen deeper inside, we can allow our self-expression to lead us along many different pathways. And in telling our stories through art, we find routes to wellness, sensory and personal enrichment and transformation. We invite you to participate in an introductory workshop on Friday, 6th of February, from 10.00 to 12.00 in Pipera district.

**Suggested donation: 100 lei.**

**The funds raised will go directly towards helping abandoned children in Romania.**

About the facilitator:

**Alina Tomşa Dumitru** has a BA in Psychology, MA Experiential Psychotherapy and Counseling. She received her MA in Expressive Arts Therapy at the European Graduate Studies in Switzerland.

For information and to sign up please contact Alina Tomşa Dumitru [alina.dumitru@inocenti.ro](mailto:alina.dumitru@inocenti.ro) 0741161350 or Beth Shaffer at [bjoymler@msn.com](mailto:bjoymler@msn.com) 0733501915