



# Touch Drawing: Journey Into Yourself

Delve into your soul as you immerse yourself in a simple but profound drawing process called Touch Drawing.\* Through the movement of fingertips and hands on paper that has been placed over wet paint, imagery is created. Somatic awareness, intuition and creativity are awakened.

Through the speed and directness of this process, we create many drawings in a short period of time, offering a sense of freedom and presence that allows us to reveal deep layers of emotion and let our spirit emerge.

Each drawing is a stepping-stone taking you through a transformational process. What emerges is a visual journal. When the drawings are complete, we reflect on them to witness (and sometimes share) our transformative journey and access our inner wisdom. This is a time of contemplation, expression and renewal.

This workshop is of relevance to both artists seeking to deepen their personal expression, and to those wishing to explore their souls and free their creative energy. It is very useful for those undergoing any sort of transition in their life. No artistic confidence or experience is necessary.

While this process is not messy, and the paint is washable, please wear a smock/apron if you want to protect your clothing. Please also bring a journal and pen.

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### About the facilitator:

Kattalina M. Kazunas received her M.F.A. in Interdisciplinary Book and Paper Arts from Columbia College Chicago. She has completed the Mandala Sacred Arts Teacher Training Program, and teaches playshops and retreats using art as a tool for spiritual growth. Kattalina's work with mandalas is published in *Mandala: Journey to the Center* (by Bailey Cunningham, 2002). Kattalina is also an EFT coach, Emotion Code practitioner and Reiki master.

(\*Touch Drawing was developed by Deborah Koff-Chapin.)

