

# Connect2Gozo

## **BE AWARE of YOUR SELF**

*and let go of your subconscious boundaries*



### day 1:

9.45 pick up from accommodation

10.00-11.30 starting with a short introduction about the battle of our mind when starting a new routine. Practice easy techniques of breathing, mind awareness and gentle qigong

11.45- 13.15: Expressing feelings with colour splashing /blowing and running

13.15-14.00 lunch

14.00 - 15.00: discussing what we see in our paintings

15.00 drop off at the accommodation in Gozo

### day 2:

9.45 pick up from accommodation

10.00-11.30 Practice easy techniques of breathing, mind awareness and gentle qigong

11.45- 13.00: finding an object which symbolises one self - than we continue painting this object

13.15-14.00 lunch

14.00 - 15.00: discussing what we see in our paintings

15.00 drop off at the accommodation in Gozo

### day3:

9 9.45 pick up from accommodation

10.00-11.30 Practice easy techniques of breathing, mind awareness and gentle qigong

11.45- 13.00: continue the painting of the previous day

13.15-14.00 lunch

14.00 - 15.00: ME in 4 different ways (durning of canvas every 10 min )

15.00 drop off at the accommodation in Gozo

### day 4:

9.45 pick up from accommodation

10.00-11.30 Practice easy techniques of breathing, mind awareness and gentle qigong

11.45- 13.00: painting with cling film technique

13.15-14.00 lunch

14.00 - 15.00: discussing what we see in our paintings

15.00 drop off at the accommodation in Gozo

### day 5:

9.45 pick up from accommodation

10.00-11.30 Practice easy techniques of breathing, mind awareness and gentle qigong

11.45- 13.00: continue the painting of the previous day

13.15-14.00 lunch

14.00 - 15.00: discussing the outcome of our work.

15.00 drop off at the accommodation in Gozo

### Course fee:

€720 for single tuition including accommodation

€650p.p from 2-3 participants including accommodation

€530 p.p from 4-6 participants including accommodation

course fee includes: coffee or tea, 5x lunches, material: paints, transport form and to the accommodation in Gozo.