



Artist Joanne Parkinson teaches Louise Arbanas and Natasha Matson. Picture: LAWRENCE PINDER

# Classes unlock potential

IF AWAKENING the inner creative goddess sounds appealing, then Joanne Parkinson's art classes are for you.

The Park Orchards artist has a background in art therapy and offers weekly classes and one-off workshops for women.

The classes explore art as a therapy, sacred geometry, soul cards, connecting to your inner goddess and power animals.

"I've always had a connec-

tion with gardening and I love nature," Ms Parkinson said.

"About 15 years ago I did a diploma in visual arts and now I combine art and nature."

Parkinson collects leaves and places them in art.

"Things like paper bark and sticks work, too," she said.

"I studied Initiatic art therapy at Apollo Bay, with Cornelia Elbrecht, who is one of the founders and has

been practising for more than 40 years."

Her classes offer an introduction to painting, drawing, sculpture, print making and collage.

Students met recently at The Creative Art Studio for a walking meditation through a labyrinth made from sticks in the garden.

Parkinson is running a four-day art retreat January 12-16, 2015.

Book before December 15: [jp@joanneparkinson.com](mailto:jp@joanneparkinson.com).