

BRAND NEW SELF DEVELOPMENT WORKSHOP

@ The beautiful 'Kindred Art Space' venue, Frankston.

'FIND YOUR FOCUS'

A unique photography and wellbeing programme.

- Do you love photography?
- Do you take images with your Smartphone or camera regularly?
- Do you have an interest in self development and well being?
- If the answer is 'yes' then this programme is for you!

SEEING LIFE THROUGH A DIFFERENT LENS

Using photography as a tool to find a new perspective, participants are encouraged to use a camera/Smartphone throughout their week and share their images at the workshops.

BENEFICIAL FOR

- Stress management
- Self discovery
- Enhance creativity and personal awareness
- Social & environmental connection
- Exploring feelings & emotions through creative media
- Confidence building and overall wellbeing

WHEN?

Starts **Monday**

31st October 2016

1pm - 3pm

WHERE?

KINDRED ART SPACE

22 Kookaburra Street
FRANKSTON

INVESTMENT?

\$30 per session

CONTACT

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