

SHAKTI ART Symmetry and Composition Workshop

Medium: Mixed Media, Recycled Art, Assemblage

Instructor: Shelley Novotny, Shakti Artist, Designer, Intuitive Stylist

Instructor Contact Information: 715-337-5485, shelleylynnnovotny@gmail.com www.shelleynovotny.com
St Germain, WI 54558

Brief Instructor Biography: Shelley Novotny, an artist passionate about sustainable art, guides you with a unique perspective. Her dedication to sustainability and creativity empowers participants to embrace eco-friendly practices.

Where: Nicolet College, Northwoods Center 208-209

Date: Wednesday, July 10th, 2024

Time: 4-7 pm

Cost: \$

Materials: All the necessary materials will be provided, ensuring that your artistic journey is seamless and enjoyable. However, feel free to bring your own selection of a dozen or more natural treasures such as stones, feathers, crystals, shells, bark, flora, fabric, spices, and dried herbs – anything that resonates with you visually or holds a special connection.

Skill Level: This course is open to individuals of all backgrounds, whether you're a seasoned artist/enthusiast or a beginner looking to embark on a soulful journey of self-discovery.

Minimum/Maximum Students: Ideally 5 to 12 students.

Minimum Age Requirement: Teen to Adult

Details: Join me on a transformative journey where your creativity knows no bounds. Discover a serene haven within yourself.

In this workshop, we will venture into the realms of creativity and mindfulness. Together, we will fashion three captivating designs on recycled book covers, drawing inspiration from the wonders of the natural world and the treasures that surround us. Immerse yourself in the enchanting realm of intuitive collage art.

The interplay of colors, textures, and emotion fosters a harmonious synergy. Witness the collective power that arises when elements work seamlessly together, surpassing the individual strengths of each component. The entire experience is designed to be gentle and soothing. I will guide you through the process of incorporating layers of papers, fabrics, and materials into each art piece.

Unleash your inner artist and craft a one-of-a-kind, meaningful piece that reflects your personal style and creativity. This meditative project not only provides a visually stunning outcome but also serves as a potent reminder to seek symmetry and balance in your life, fostering a sense of calm and mindfulness.

What Students Will Learn:

1. Unleash Creativity: Tap into your creative potential and find new ways to express yourself through art. You'll have the skills and confidence to create visually stunning pieces.
2. Inner Peace: Experience the therapeutic and meditative aspects of artmaking. You'll discover how the creative process can bring inner peace and mindfulness to your life.
3. Daily Inspiration: Your finished pieces will become constant sources of inspiration in your daily life, reminding you of the creativity, balance, and beauty that you can bring into your world.
4. Seek Symmetry and Balance: Through your artistic journey, you'll develop a heightened awareness of the importance of seeking symmetry and balance not only in your art but also in your life.
5. Discover the profound impact that creativity and mindfulness can have on your well-being and artistic expression. Your journey will culminate in the creation of three beautiful artworks that reflect the beauty of the natural world and the harmony you can bring into your own life