

# Lotus Star : Art and Design : Holistic Health and Well-being



[www.lotusstar.com.au](http://www.lotusstar.com.au)

## Original Art by Elizabeth James, Adelaide Hills Artist

Zentangle and ZIA : Mandalas : Soul Art : Original art and fine art prints available in a wide range of styles and mixed media. Commissions available. My work is an eclectic collection of whatever inspires.

## Holistic Health and Well-being

Crystal and Colour Therapy : Mindful Meditation : Numerology : Past Life Regression : Reiki : Soul Art Mandalas : Readings.  
Lotus Star : Embrace Life is your resource for holistic health and well-being; inspiration; support.

## Zentangle and Doodle Art Workshops, Kids Art Club and Adult Colouring In Groups

Workshops open to all ages and levels of experience. Bespoke and flexible delivery available across the Adelaide region. Join like-minded people and learn something new in a friendly small group setting. Create : Learn : Grow.



Original Art and Fine Art Prints by Elizabeth James

## Introduction to Zentangle® & Doodle Art Workshops

See group class schedule via [www.lotusstar.com.au](http://www.lotusstar.com.au)

A fun yet relaxing art form and method of active meditation and art therapy. A great way to improve focus and experience the therapeutic effects of drawing and colouring in.



### Workshop overview :

- What are Zentangles?
- How Zentangling can benefit your every day life – learn how art can help you relax and reduce stress
- Explore Zentangle patterns
- Learn about tile and ZIA art forms
- All materials provided including take-home kit
- Plenty of tangling practice
- A fun, relaxing day shared with like-minded people

**No previous art experience needed and if you can draw a circle and line (even a wobbly one!) then you can tangle.**

## COLOUR MAGIC

Colouring for Adults : Try and share workshops

Seaford : Woodcroft : Aberfoyle Park

Colouring books are not just for kids anymore!  
Colouring for adults is a way to relax,  
unwind the mind and de-stress

Come along and give it a go  
No previous art experience necessary  
Existing colourers welcome

All materials & afternoon tea provided

Includes colour theory



Elizabeth James - Art and Design : Holistic Health and Well-being ✦ 0474 197707 ✦ [elizabeth@lotusstar.com.au](mailto:elizabeth@lotusstar.com.au)

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