



welcomeMARCH

Read on for news and views including my latest [class schedule](#). Head over to www.lotusstar.com.au for my new blog post on How I became an artist - and why I urge you to find and create your art too - in whatever form it may come.

February brought a full teaching schedule of art classes for me after the Summer break. It's been an absolute joy to share with all lovely groups. To recover from my frazzlement (is that a word?!) I'm excited to be heading off down the Ocean Road with my husband and girl in March. We'll be camping just for a week and this will be the first time away we've had since arriving in glorious Australia so it's very welcome!! I'm purposefully leaving the laptop at home and will likely only have limited access to the internet. As much as I love you all, it's blackout time for me. When I return I'll be back to working on developing several new offerings in the way of a possible Art Wellness Retreat weekend in McLaren Vale, and new Mixed Media and Vision Wheel - Zendala workshops - more to follow on these as they come to life. I'm also aiming to have downloadable guided meditations available soon and will be opening my client practice which has now been a very long time coming! I've taken the decision not to run any more Colour Magic workshops for now - these may return later in the year.

Be sure to subscribe to be the first to hear about news, updates and offers.

Mindful Meditation classes update

March is a 5-week month so dates for my evening Aberfoyle Community Centre Mindful Meditation classes are **Tuesday 1st and 15th** - 7.30pm for a 7.45pm start. I have family visiting from the UK in April so am looking at reverting back to a weekly group from the start of May. A weekly group means **I won't be sending any text reminders** - you're simply welcome to come along whenever you like. I currently have a waiting list and the existing group is now quite large so I'm hoping this spreads people more comfortably over the weeks. I'm also facilitating a new daytime group at Christies Beach from 3rd March - every 1st & 3rd Thursday 1-2pm at Elizabeth House over 50s centre. Simply ask for more details on this.

New artwork released

I'm excited to announce the release of all new original artwork for sale. I'm also now offering all fine art archival prints in a range of sizing and framing options. My online gallery is now live and I'd love for you to check it out at www.lotusstar.com.au. You'll also soon be able to purchase online soon - yipee!

Class schedule (full class information available via www.lotusstar.com.au) :

50+ Social Colouring In Group - Christie Downs every Thu 10.30am-12pm

\$3 with all materials and refreshments provided. Hot lunch and transport available.

Mindful Meditation - Aberfoyle Park every 1st and 3rd Tue of the month 7.30pm for a 7.45pm start - weekly from 3rd May TBC

\$15 per session or purchase a 5-session-card at \$60 (reduces it to \$12 per session). Concessions available.

Kids Art Club - Upper Sturt Primary every Friday during term time 3.30pm - \$12 per child with a range of media explored.

Crystals Workshop - Seaford - Sat 12th March 10am-3pm

Come and spend a day learning about crystals - how to choose and safely work with them to support to your health and well-being. Learn how to use a crystal pendulum and perform a chakra balance - a powerful healing technique to use on yourself and others.

Introduction to Zentangle and ZIA Doodle Art - Coromandel Valley and Tea Tree Gully - May 10am-4pm

A fun yet relaxing art form and method of active meditation and art therapy. No previous drawing experience needed. A great way to improve focus and experience the therapeutic effects of drawing and colouring in.

