

**semesta
akademi**

x

 **bartega**

Mindfulness
Series

The Simple Act to Paint Your Everyday Feelings

**One-day Workshop of
Visual Journaling**

Offline Session @ Semesta Akademi HQ
Jl. Panglima Polim V No.52,
Kebayoran Baru, Jakarta Selatan

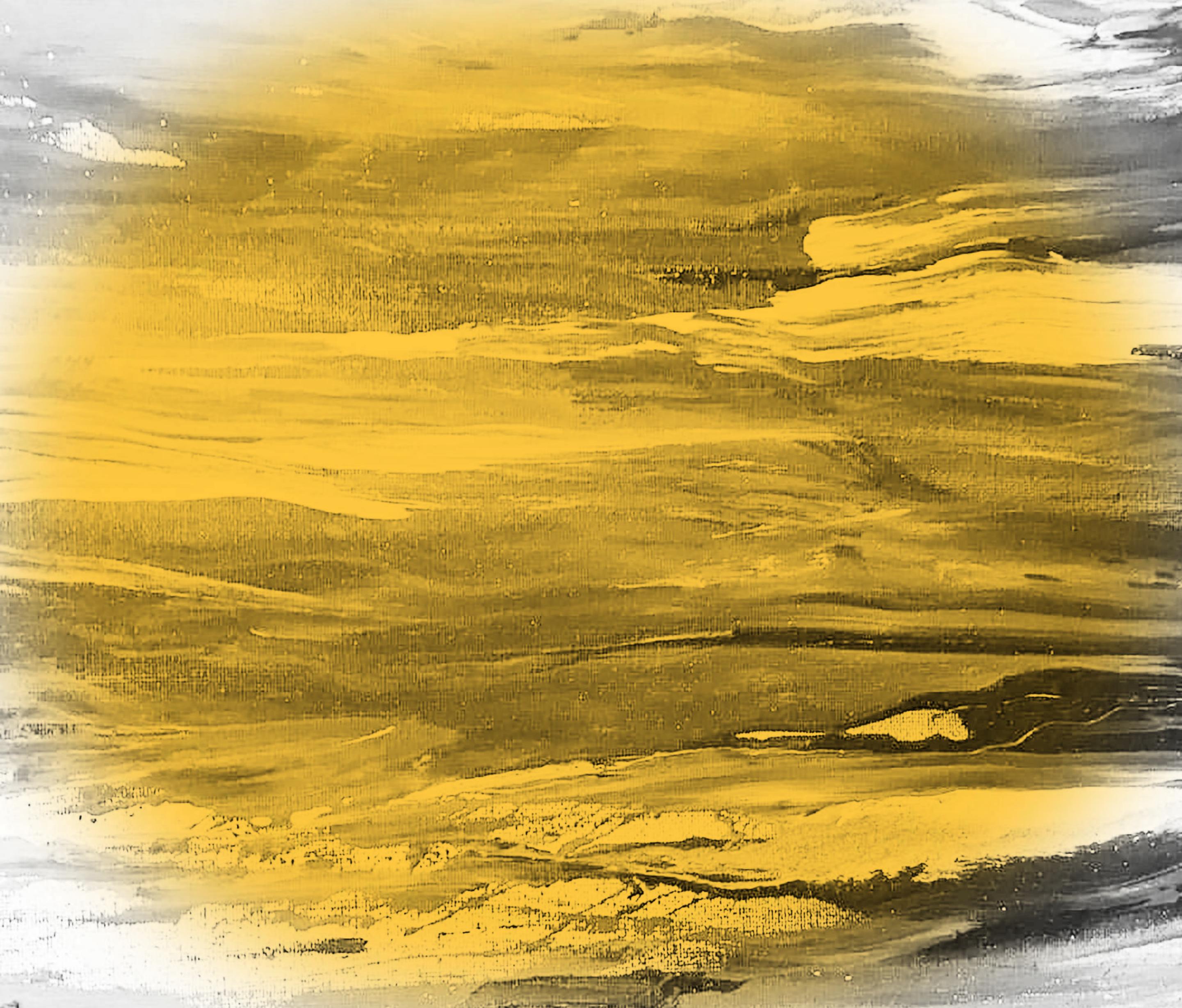
30 LIMITED SEATS

PARTICIPANT FEE

RP **450^K** INDIVIDUAL PRICE

RP **350^K** GROUP PRICE





Kelas melukis untuk semua orang.

Pahami prinsip-prinsip sederhana untuk mengekspresikan emosimu lewat garis, bentuk, dan warna. Waktunya bikin kegiatan *journaling* semakin menyenangkan!

Course Overview

Drawing Techniques 101: The Art of Observing

An introduction to painting, and how it all stems from your sensibility in observing objects.

Psychology Explains: Every Hidden Meaning of Colors

Discover how every color can reflect your mood, sense, and even life itself, according to psychology.

Owning Your Emotions and Mastering The Act of Being Grateful

Express your feelings with two magic artifacts: Bowls and Bottles of Emotion.

Painting is an Attempt To Be Honest

Acknowledge your role and express it! Visualization exercise on how to create paintings that resonate with you.

Picturing The "Now", Manifesting The "Will"

Celebrating your time. Visualization exercise on how to seize the present and imagine the future through painting.

Pelajari Rahasia Tentang

Mengelola konflik internal dengan lebih baik

Memiliki *sense of self* yang lebih positif

Mengekspresikan emosi negatif menjadi kegiatan produktif

Untuk Siapa Kelas Ini?

Kamu yang sadar dan peduli akan pentingnya kesehatan mental serta ingin mengembangkan diri melalui pengendalian emosi yang lebih baik



Pengajar

*Nadia
Daniella*

Art Educator at BARTEGA

Sabtu, 27 Agustus 2022

Sesi Pagi

09.00 - 12.00 WIB

Sesi Siang

13.00 - 16.00 WIB

Lokasi

Semesta Akademi HQ

Jl. Panglima Polim V No.52,

Kebayoran Baru, Jakarta Selatan

30
LIMITED SEATS

PARTICIPANT FEE

RP **450** K INDIVIDUAL PRICE

RP **350** K GROUP PRICE