**CLASSES & WORKSHOPS - Testimonials**

Just a message to say how much I enjoyed your painting classes. Fiona, I learnt a great deal if you ever come back to the Central Coast I would love to attend your classes. Thursday Night Art & Craft Classes. Sandra

Thank you for the lovely day attending the Creative Workshops for Women. I loved the meditation and art therapy. I have had not done anything like this before and had not painted since being at school. So thank you again for the wonderful day. Cheryle

What a lovely relaxing day. I would recommend Creative Workshops for Women and I would do it myself again.  Juanita

Art therapy gives me the opportunity to be creative and work on my personal development. It was a great experience working with you Fiona and thank you. Robin.

Thank you so much for your amazing Art Therapy classes. The meditation is just what I need to Centre myself and the painting, what can I say…… insightful and always shows what’s coming in my life. As I said amazing. Anne

I have been coming to Art Therapy Classes since June 2019 and really enjoy this class. Fiona is a wonderful artist and teacher, with the meditation is very relaxing. I have grown in confidence with my creations and look forward to class every Friday. Join us.  It’s wonderful!! Carole

After one term of kid’s meditation art therapy, I saw some amazing changes in my son. He’s always loved art but I think getting in touch with his inner Chakras really brought out more than just creativity – it brought real expression too. Thank you Fiona for such a fabulous experience for him. Amy