

# Art Therapy Work shops, Exploring the Most Beautiful Natural Sites in Ardèche.

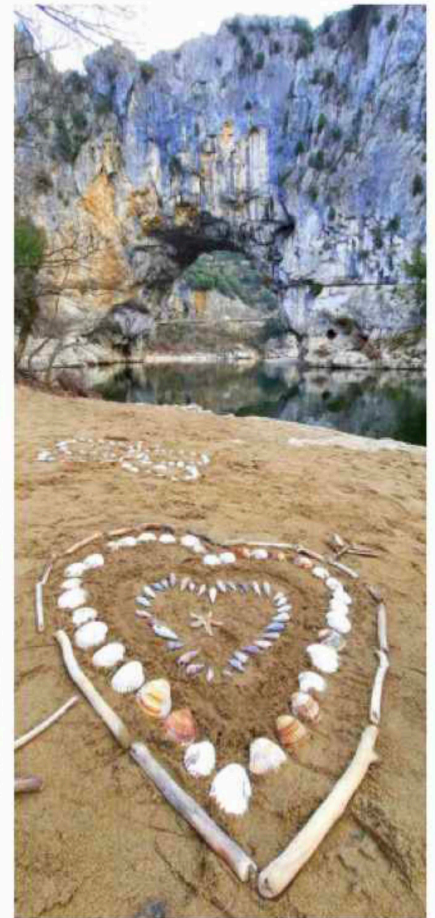
## DAY 1: Labeaume Cliffs

9:00 AM - 12:00 PM > Arrival at Labeaume Beach, a welcome drink awaits you for the art therapy workshop on the theme of Expressing Emotions. Participants engage in a creation time using the drawing technique in the sand, followed by spontaneous writing about, emotions and reflections. Finally, a new creation using the slate technique focuses on self-reflection and authenticity. Dialogue with one's inner child to work on self-esteem, confidence, and self-love.



## DAY 2: Hidden Treasures of Ardèche: Pont d'Arc

9:00 AM - 12:00 PM > Arrival at Pont d'Arc beach, participants engage in an art therapy workshop on the theme of self-reflection and authenticity. Creation time involves drawing in the sand, followed by spontaneous writing about emotions and reflections. A new creation using the slate technique to rediscover one's body. Time for friendly dialogue with one's inner child, focusing on self-esteem, confidence, and self-love.



## DAY 3: Unusual Discovery, Lablachère Megalithic Bridge

9:00 AM - 12:00 PM > Arrival at the magnificent Megalithic Bridge, this art therapy workshop focuses on the theme of the Tree of Life, symbolizing personal history. Creation time around this large tree, followed by spontaneous writing and exchange. Finally, a new creation using the collage technique.



# Art Therapy Excursion Workshops in the Most Beautiful Natural Sites of Ardèche.

Lorem Ipsum

## DAY 4: Discovery of Two Typically Ardèche Villages, Classified as "Most Beautiful in France"

9:00 AM - 12:00 PM > Arrival at Balazuc Beach, art therapy workshop on the theme of emotion management. Creation time using various techniques to manage anger, stress, conflict, or anxiety. Intuitive writing in the form of dialogue, followed by exchange. Finally, a transformed, benevolent, and positive new creation.



## DAY 5: Chassezac Gorges and Sculpted Rocks of Bois de Paiolive

9:00 AM - 12:00 PM > After a 30-minute walk along the cliffs, you'll arrive at the sublime viewpoint of Chassezac Gorges.

Art therapy workshop on reconnecting with oneself, senses, and letting go. Sensory walk in nature, collecting materials (branches, rocks, flowers, leaves...) and creating an individual natural mandala. Spontaneous writing, followed by sharing. Finally the making of a collective mandala with the collected natural materials.

