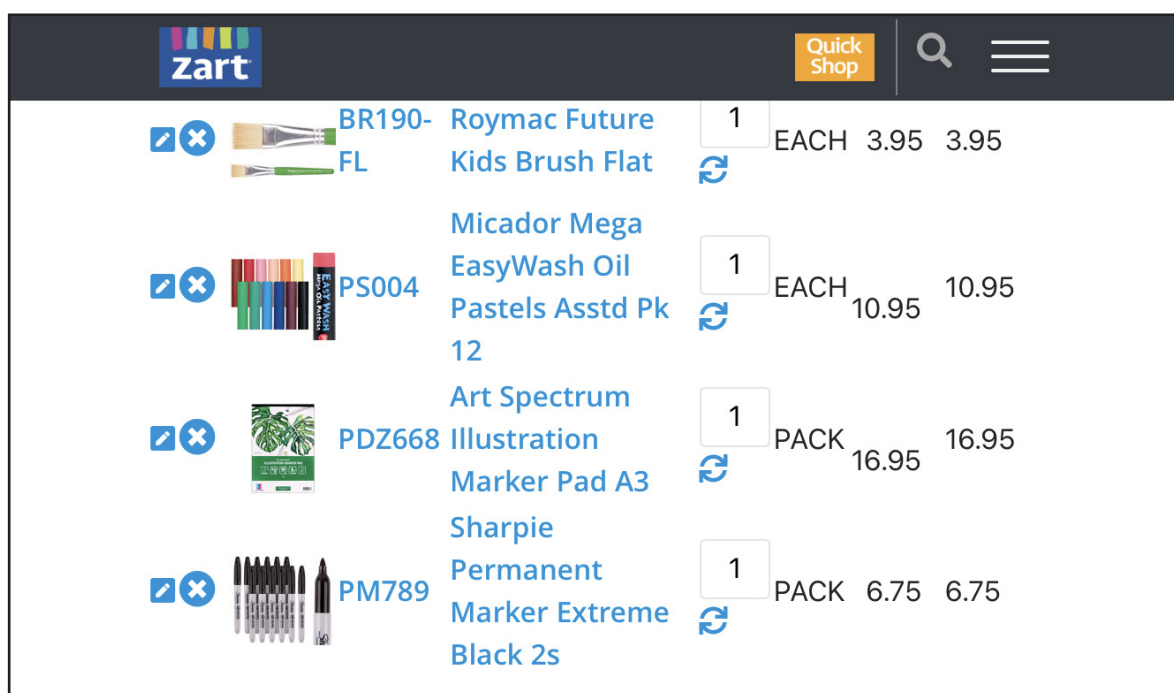


Art Therapy online at The Living Centre

Suggested art materials required for this workshop:

- A3 size paper
- Colour oil pastels (water soluble)
- Paint brush and water tub
- Black permanent marker (Sharpie)

*Example of these products from Zart Art Shop (Order and delivered).



*Note: These specific supplies mentioned are just suggestions for the type of materials used in this workshop. You are welcome to source these materials from any art supply shop and use any other type of colour medium that you might prefer.