

Helping others be more resilient,
creative and enterprising

The Arts
Of Life

Dr. Lesley Roberts : Courses and workshops 2014/15

For more details about, and booking, courses held at The Isbourne Foundation see www.isbourne.org. Or email me lesley@theartsoflife.co.uk; or call 01242 230216 if you would like to discuss anything about any of the courses

ZENTANGLE – COURSES AND WORKSHOPS

Venues : My studio, Cheltenham
The Isbourne Holistic Centre, Cheltenham
On request : other locations across Gloucestershire, and around the UK
Dates : Half day and day workshops throughout the year
Costs : For example, £20.00 for 2.5 hours - plus £5 materials

LEARN TO MEDITATE AND RELAX

Venues : The Isbourne Holistic Centre, Cheltenham
Dates : 6 week course each term; 6 – 7pm.
Costs : £45.00

THE ARTIST'S WAY

Venues : The Isbourne Holistic Centre, Cheltenham
Dates : Spring term only, Tuesday evenings 7.15 – 9.15 pm
Costs : £180.00 for 12 week course. Staged payments possible.

For more details, and booking see www.isbourne.org;
Or email me lesley@theartsoflife.co.uk; or call 01242 230216 if you would like to discuss anything about the courses

CREATIVE RETREATS – For example, creating journal pages using Zentangle, drawing, collage, poetry

Venue : My studio, Cheltenham
Costs : £20.00 for 2.5 hour session.

For more details, please contact me as above.

All of the courses and workshops can also be run from others' business/private premises by arrangement. If you have a group of people (normally 4 – 12ish) who would like one of the courses I can come to you. Please feel free to contact me to discuss costs, dates etc.

November 2013