

RELAX Wine Down & Color

Art Therapy is the releasing of the unconscious mind's thoughts by means of spontaneous art expression. It is also a form of psychotherapy that allows the emotional expression and healing through non-verbal means. Art Therapy primarily focuses on the visual arts such as coloring, painting, and drawing. By creating visual works of art, and reflecting on the actual process and concentrating on the finished masterpiece, people can increase their own self-awareness, and the awareness of others.

Tanasha Allwood has inspired many walks of life to relive their symptoms of stress and anxiety by participating in a little bit of art therapy with her company Buzzed Art Nite which is Dallas Fort-Worth's premier and trendiest sip and paint company. Throughout her sip and paint sessions, she learned that she was truly a blessing to others in helping them to achieve a sense of calmness, relaxation, and an overall happier state of mind. In RELAX, Wine Down & Color, Tanasha Allwood presents a simple yet FUN way for adult readers to let go of their stressors of the day and allow them to let their inner self expressions shine through with art therapy while learning more about:

- What is ART and Art Therapy
- Defining Happiness
- Ways to manage stress
- The importance of having a Positive Mindset
- Oprah Winfrey's view on feeling stressed out

RELAX, Wine Down & Color is an inspirational adult coloring book from one of Texas's most inspiring artists in the sip & paint industry.



What: ART and RELAXation with Soroptimist International of Grand Prairie

When: Thursday, October 26th @ Noon



Where:
Soroptimist House
121 SW Dallas St
Grand Prairie, TX 75051
www.siagp.org

**Come and RELAX with us!!!
Lunch will be provided.**

