

# Customized & Flexible



programs as per the needs of the student.



















# Suitable for Beginners & those with Prior knowledge of Art.

### We offer:

- De-stressing and relaxing sessions.
- Learn tips & tricks from Professional Artist.
- √ 1-1 classes also available.
- Customized & tailor-made programs.
- Explore every medium like Sketching, portrait, oil painting, canvas paintings, wall paintings, printmaking, Landscape, crafts, mehendi design.

Contact us:













## EXPRESSIVE ART THERAPY CENTRE

Creativity | Emotional Well-Being | Fun



#### **EXPRESSIONS AND CELEBRATIONS**

B-3/176, Vibhav khand-3, Gomti nagar, Lucknow.

### ART IT OUT

with UNESCO Certified Coach

**Both Online & Offline Modes available** 



Improved Emotional Processing and Communication.

Enhanced Self-Esteem and Confidence.

Reduced Stress and Anxiety.

Connect better with our inner self and gain clarity about thoughts, feelings and experiences.

Helps to improve sleep pattern & cognitive skills such as memory, concentration, and problem-solving.

**Contact us:** 





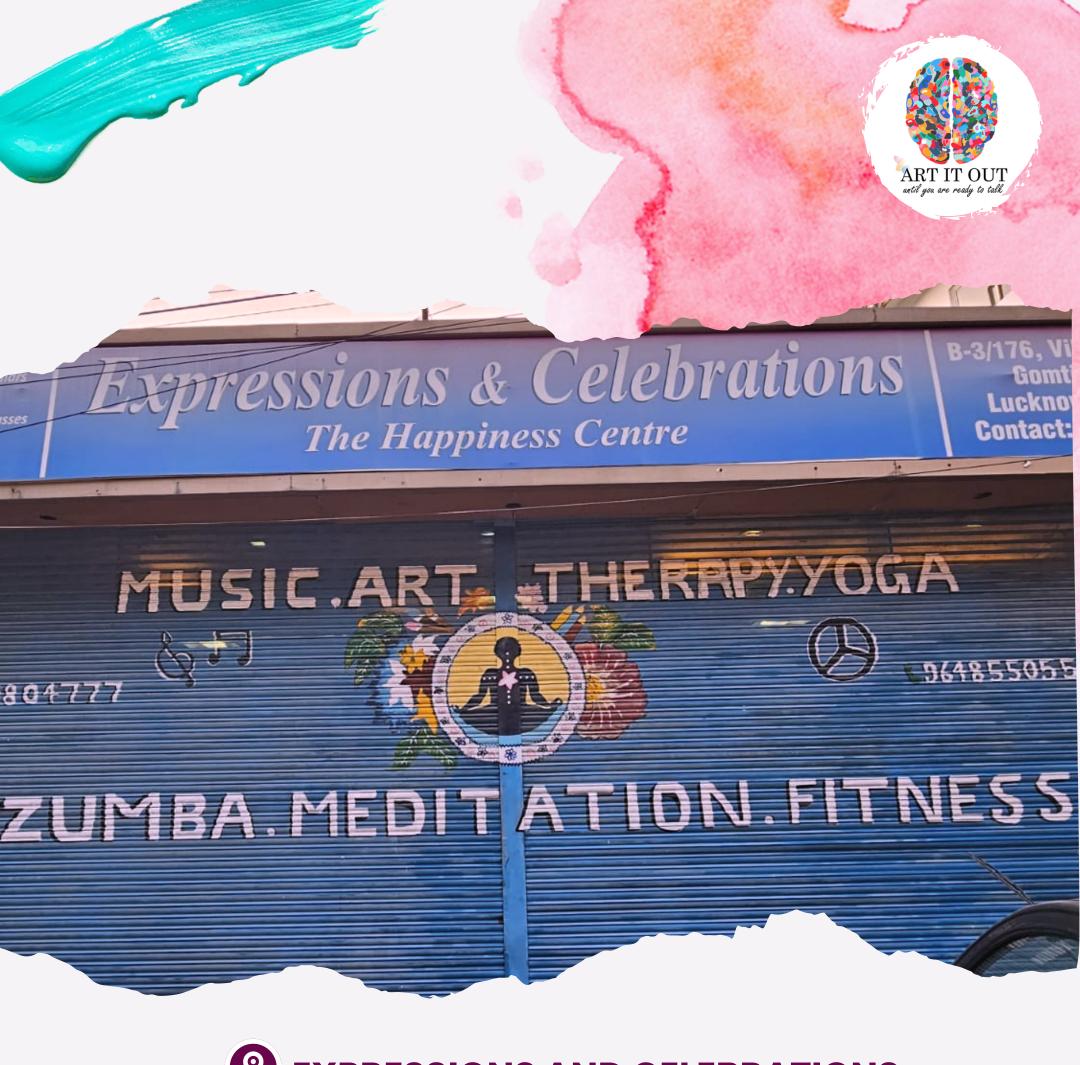












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(f) @artitout.official