

## Self-Expression through Art Course Outline.

**Week 1.** As we allow the poetry of Rumi to do its work on us, we will use clay forming and shaping a sculpture of house- house of the psyche- with rooms and features that speaks to our unique expression.

**Week 2.** Painting with ink and Japanese brushes, we will explore simplicity and complexity through gesture, images and the ideas within Japanese Butoh dance theatre.

**Week 3.** Social change is often initiated or shaped by a single traceable conversation. Through exploring a 'moral imagination' using pastels, we can notice the possible conversations in images that lead to soulful personal action.

**Week 4.** Psychoaesthetics is a way of creative expression using a combination of art forms: painting, storytelling, movement, music. As a final expression of what calls to you currently, we make use of a variety of art materials to give shape and form to an idea. You are the artist- sculptor of the material of your own life, shaping your aesthetic truth.