

COLLAGE JOURNALLING WORKSHOP

GUIDED BY CONCEPTUAL ARTIST
ANDREA VAN EYCK

CRAFT CENTRAL - STUDIO 205

E14 3AE - LONDON U.K

FIND

Peace amidst the noise.

Your own creative language.

The freedom of self expression and self communication.

A sacred space where your inner voice can heal.

Gratitude and the pleasure of working with your hands.

DEVELOP

A new way of creative journaling.

Technique for opening the creative watershed.

Your Handcrafted journal.

Confidence in speaking to yourself though papering.

ABOUT THE COLLAGE TECHNIQUE

Collage describes both, the technique and the resulting work of art in which pieces of paper, photographs, fabric and other elements are arranged and stuck down onto a supporting surface.

The term collage derives from the French word *papiers collés* (or *découpage*), used to describe techniques of pasting paper cut-outs onto various surfaces. It was first used as an artists' technique in the early twentieth century.

Collage can also include other media such as painting and drawing, and contain three-dimensional elements.

ABOUT JOURNALLING

Journaling generally involves the practice of keeping a diary or journal that explores thoughts and feelings surrounding the events of your life.

BENEFITS OF COLLAGE JOURNALLING

Collage Journaling evokes mindfulness and helps you remain present while keeping perspective.

It presents an opportunity for emotional catharsis and helps the brain regulate emotions.

It provides a greater sense of confidence and self-identity.

Collage Journaling will increase your optimism and, indirectly, your happiness and health.

Collage Journalling will give you a chance to get all of your emotions out on paper, reducing your stress and releasing tension.

BENEFITS OF COLLAGE JOURNALLING

Collage Journalling unleash your creativity.

Collage Journalling helps you discover your “voice”.

Collage Journalling silence your inner critic.

Collage Journalling leaves a written record of your experiences, which can be helpful today and extremely precious years into the future.

A PLACE FOR HEALING

I open the doors of my studio to share the knowledges that has not only helped to develop my creative language, but also a kinder way of life.

As an artist, I believe in the importance of safe spaces; being surrounded by kindness, care and a community which is supportive of your creative journey.

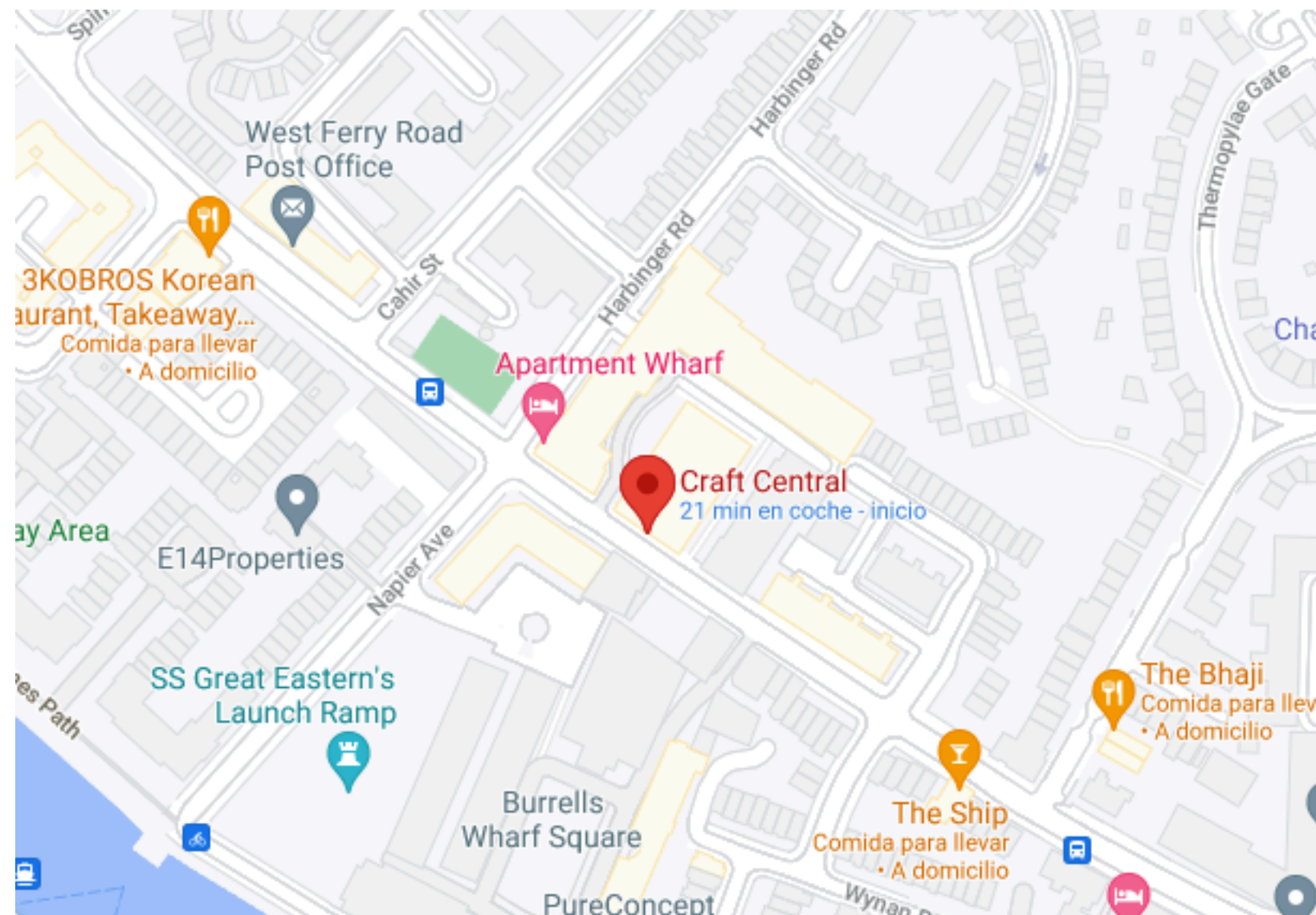
However this is more than a workshop, It is also a place to heal and centre yourself by using your hands and its power.

WHAT ARE YOU GOING TO NEED?

- Magazines /newspaper / cuttings
- Your favourite pen
- Your favourite pair of scissors

TUESDAY 6:30 - 8:30

THURSDAY 6:30 - 8:30



CRAFT CENTRAL - STUDIO 205

E14 3AE - LONDON U.K

PRICES

INDIVIDUAL SESSION 2 HOURS £65 (£30 DEPOSIT)

12 SESSION WORKSHOP £600 (£250 DEPOSIT)

* OPTION TO PAY IN INSTALLMENTS

CONTACT ME

Alberto Pasarín

Artist Manager

albertopasarin@gmail.com

ANDREA  EYCK

Performing Arts

+44 (0)7587378388

[IG](#) [WEB](#)