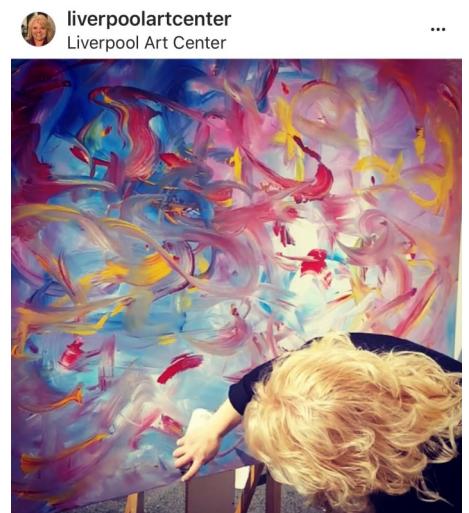
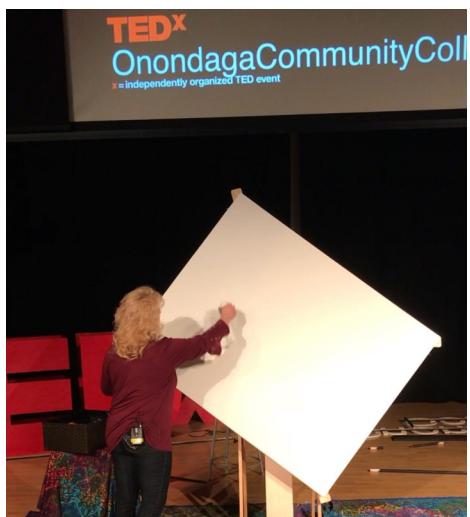




Experience the Art of Letting Go

with
Sandra Sabene



Sandra Sabene



**Artist / creative coach /
motivational speaker**

EXPRESSIVE ARTS WORKSHOPS

ART HEALS WHEN WORDS FAIL

**SELF DISCOVERY
SELF EMPOWERMENT
SELF EXPRESSION
ACTIVE MEDITATION
RHYTHM WELLNESS
BODY AWARENESS**

PAINT, DRUM, WRITE

Drumming for Wellness

Facilitated Rhythm Programs

**Monthly Drum Circle
Drum Workshops
Drum Retreats
Corporate/Schools**

Sandra has been passionately driven to inspire others through creative self expression. Over the past 30 years she has worn many hats as a self-taught artist, creative educator, event facilitator, community leader, entrepreneur and a financially independent, widow and mother. Through adversity,

Sandra developed a solid program for helping people to explore their creative flow and their own unique tools for self expression. Sandra's

signature program is called Meditative Painting which has offered healing and inspiration to thousands since 2005. Her

use of art media, guided meditation, music and environment has generated countless workshops, retreats and ongoing classes where people

discover how to let go and be more present. Through her own artistic process, Sandra reveals a sense of peace, flow and energy that is indescribably spiritual and emotional.

Sandra's studio and gallery, Liverpool Art Center, has been a creative home and community center to many since 2002.

Expressive Arts Programs

with

Sandra Sabene



Sandra has been a visionary since childhood, but when her world came crashing down at age 29 she took a path less travelled and forge a creative journey that has inspired thousands to open up to creativity and innovation. The programs she offers are based on the formula she shared during her 2018 TEDx talk, “The Art of Letting Go”.

Three simple steps create opportunities for anyone to express themselves within a group and explore ideas, deeper connections and inspire fresh perspective about old beliefs.

Why is Sandra so passionate about sharing these experiences?....

“.....I have been in some very dark places in my life and I feel compelled to offer tools that helped me get to more solid ground. I used the art materials that I had in front of me. I didn’t think about what I should do or how it should look. I just moved color, texture and the darkness that I couldn’t express with words. It was so transformative that I spent weeks and months just slathering paint. I have stacks of the ugliest canvases you’ve ever seen! I felt better and I have this burning passion to guide others through this process of letting go.”

Meditative Painting has transformed so many ways over the past 15 years or so.... I used it as a way to channel, connect to my higher power and for self care. Eventually this evolved into a solid program that I have taught to thousands over the years. I love to share this with young adults who are beginning to find themselves in a world that rarely makes sense and they are desperately searching for ways to define themselves. How glorious is this gift! To simply offer safe space, art medium and an invitation to just let go?....The experiences are empowering and magical. I am blessed to offer my guidance and witness this unfolding.”

Expressive Arts Programs

with

Sandra Sabene

A large, stylized feather graphic with a yellow center, transitioning to orange and then red at the edges. It is positioned behind the name "Sandra Sabene".

Creative Jam Session



Meditative Painting



Creating with Spirit

The Art of Letting Go with Sandra Sabene™

A Creative Jam Session

Enjoy some creative fun as we learn ways to let go of our inner critique. We will use simple drawing supplies and rhythmic music to “get out of our heads” and into our inner groove. This fun workshop is perfect for any “over-thinkers” or “self proclaimed perfectionists” as we create a safe and playful space to let go and explore the gifts of self expression. Includes all drawing supplies and paper.



What's the Intention for this experience: This fun and rhythmic group experience offers innovative ways to express freely and without an attachment to “getting it right”. The intention is to allow “comparison to fall away and invite our inner children to play, frolic and connect with permission to just let go.

What will we experience: The group will use music to tap in to our playful side and express with complete abandon! Simple drawing mediums on paper offer us opportunities for discovering any fears we may hold about self expression or allow us to walk on the wild side with color, rhythm and the art of letting go.

What will we be doing:

- A brief discussion/share-time about creativity
- Quick demonstrations for the mediums we will be using (acrylic paint, oil pastel, marker and pencil on paper/canvas)
- Guided meditation with music
- Body awareness and using art medium to learn to let go
- Share-time and grounding/integrating our experiences

Number of participants: Minimum 15 and maximum 75

Space requirements: Tables, chairs, table covers, outlets for music, enclosed space for quiet meditation/reflection

Time requirement: 60 min. set up / 30 min. clean up/ 90 min.

Cost for hire: \$500-\$1200

Meditative Painting

Experience the Gift in Letting Go

Let go of the outcome as Sandra offers creative tools that inspire how to be more present with what's unfolding on the canvas and within. Discover how to move with color in a trance-like state, explore sensations, inspirations and visions through the transforming images and textures on canvas.



What's the Intention for this experience: This group creates safe space for self expression through the art of painting nothing. Learning to let go of the outcome and be present with the color, texture and music. We become more aware of how we feel, how our thoughts and emotions are guiding our journey.

What will we experience: Enjoy a demonstration of meditative painting and a few warm up activities before we relax into a guided meditation. We paint in a meditative state and share once we have completed our canvases.

What will we be doing:

- A brief discussion/share-time about creativity
- Quick demonstrations for the mediums we will be using (acrylic paint, oil pastel, marker and pencil on paper/canvas)
- Guided meditation with music
- Practice drawings with music & then painting on canvas panel with acrylic paint
- Share-time and grounding/integrating our experiences

Number of participants: Minimum 15 and maximum 75

Space requirements: Tables, chairs, table covers, outlets for music, enclosed space for quiet meditation/reflection

Time requirement: 60 min. set up / 30 min. clean up/ 90 min.

Cost for hire: \$500-\$1200

Creating with Spirit

Self Discovery thru creative mediums



Step into safe space and let go of all expectations for this creative collaboration. Spark your imagination with a blend of painting, drawing, guided meditation and intuitive tools...We will enjoy an hour of creative collaboration as we build a bridge from head to heart and then create a vision board from our experiences. Includes all paint, drawing supplies and paper.

What's the Intention for this experience: We let go of old beliefs and explore with expressive tools for the purpose of gaining fresh perspective and deeper connections to our true selves and the world around us.

What will we experience: The group will be guided through simple use of painting and drawing mediums. A guided meditation will offer opportunities to relax the body and mind. An invitation to surrender expectation may offer an open door to experience a connection to our intuition/spiritual self. When we can reach a point of surrender blended with self expression, anything is possible.

What will we be doing:

- A brief discussion/share-time about creativity
- Quick demonstrations for the mediums we will be using (acrylic paint, oil pastel, marker and pencil on paper/canvas)
- Guided meditation with music
- Creating with spirit/energy/inner-vision
- Share-time and grounding/integrating our experiences

Number of participants: Minimum 15 and maximum 75

Space requirements: Tables, chairs, table covers, outlets for music, enclosed space for quiet meditation/reflection

Time requirement: 60 min. set up / 30 min. clean up/ 90 min.

Cost for hire: \$500-\$1200