

DISCOVER/RECOVER YOUR CREATIVE SELF

EXPERIMENTAL ART WORKSHOPS WHERE YOU ARE SUPPOSED TO “FAIL” - neither right nor wrong - just fun!

FOR COMPLETE BEGINNERS AS WELL AS FOR ADVANCED ARTISTS looking for new inspiration. for stressed perfectionist people lacking energy...

MAKE A JOURNEY INTO THE WORLD OF ART - we talk about art freely associating as curious children and artists alike. We explore and experiment subjectively, discover new materials and techniques. We go wild with colours and patterns never seen before, arrange unpretentious collages individually or in teams. The atmosphere is filled with joy and energy

BRAIN STILLING - we conclude with brain stilling and suddenly we realise how enjoyable tired body and brain are – a feeling of utter delight!



BIRGITTA GODLUND

25 years of teaching experience: USA Stockholm (MOMA), French Cultural Centre & Makerere University, Uganda... Your workshop leader is a trained artist with a CV of some hundred exhibitions worldwide. Learn more: www.birgittagodlund.com

SPECIFIC COURSES

TAKE HEART We start with our favourite shapes,, maybe a heart? Combining shapes and colours without thinking about the result, will result in the most amazing pictures. *A course filled with activity and meditation alike!*

RECYCLED We use worn out things and old junk to build small collages or objects. *A course that will help you interpret shapes and compositions in an unorthodox way. A course that will train your eye for sustainability*

A BONANZA OF COLOURS We are testing colours, mixtures, nuances and values in different techniques. Partly team work where we exchange colour samples. *A course that will train your colour sense and make you comfortable with mixed medias.*

A FEAST OF FORMS We are looking for distortions in cubist and surreal artwork and optionally talking about the historical, social and psychological context. *A playful course that will help you find your own art language*

TIC-TAC-TOE We find inspiration in the modern history of art and feel secure in analysing the elements of art before we make our own pictures from memory. *A course/shortcut into the professional artists toolbox.*

LETS DANCE We enter into the plot of the picture and make improvised theatre/dialog, followed by painting. *A course that will train your imagination.*

PAINT A HAIKU We write haikus and illustrate them - or vice versa. We play with a sensory bag and listen to our tactile hands and the provoked emotions. *A course that will help you reflect on your own creative process.*

Welcome to contact me for a tailor-made and fun workshop

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A R T
production|projects|pedagogy