

## Understanding The five elements and their role in creative expression by Lizz Daniels

A motivating course for all ages and abilities. No previous painting experience required. All you need to do is to bring yourself with an open mind and a willing heart.

Over the weekend we will be exploring the nature of the 5 elements and become better acquainted with them.

With the help of various creative exercises designed to free up blocked chi we invite our inner artist essence to shine through.

It will be a workshop of infinite possibilities and unpredictable outcomes.

Lizz Daniels is a multimedia artist passionate about enabling others to tap into their creative selves.

'Whatever you can do or dream you can do, begin it now, for boldness has genius and magic in it .' Goethe .

### Freitag, den 28. August 2020

Time	Topic	Teacher
8.30 – 9.00	Registration	Ferdinand Niessen
9.00 – 10.00	Breakfast	
10.00 – 12.30	Opening discussion, expectations, and exploration. First steps in painting	Lizz Daniels
12.30 -13.30	Lunch	
13.30 - 15.30	Opening exercise. Painting continuation	Lizz Daniels
15.30 – 16.00	Coffee Break	
16.00 – 18.00	Art exercise with clay. Painting continuation and review.	Lizz Daniels

### Samstag, den 29. August 2020

8.30 - 9.00	Qi Gong	Ferdinand Niessen
9.00 – 10.00	Breakfast	
10.00 – 12.30	Opening exercises. Outside sketching. Painting continuation	Lizz Daniels
12.30 - 13.30	Lunch	
13.30 - 15.30	Opening exercises. Painting continuation	Lizz Daniels
15.30 - 16.00	Coffee Break	
16.00 - 18.00	Painting and clay	Lizz Daniels

### Sonntag, den 30. August 2020

8.30 - 9.00	Qi Gong	Ferdinand Niessen
9.00 - 10.00	Breakfast	
10.00 - 12.30	Opening exercise. Where are we? Painting	Lizz Daniels
12.30 - 13.30	Lunch	
13.30 - 15.30	Opening exercise. Painting continuation	Lizz Daniels
15.30 - 16.00	Coffee Break	
16.00 - 18.00	Finishing off. Review. Sharing the process	Lizz Daniels

# QiAcademy TCM for Veterinarians

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Kosten: 495,- Euro. Das Seminar ist von der Umsatzsteuer befreit.  
**395,- Euro bei Anmeldung und Zahlung bis zum 31.07. 2020**

Kursprache ist Englisch.

In den Seminargebühren sind Pausengetränke, Snacks, Kuchen und 3 Essen eingeschlossen.

Materialien zu Malen werden bereitgestellt.

Weiterhin werden die Fotos des Seminars den Teilnehmern bereitgestellt.

Dieses Seminar ist von der Umsatzsteuer befreit.