

Self Analysis  
Empowerment  
Healing

**CONTACT  
RECLAIMIND**

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*Expressive Arts therapy*

# Art & Movement Therapy

Explore artistic expression through drawing, painting, writing, movement, and music, guided by a trained facilitator to heal and reclaim your mind.

## Online Sessions\*

- *Guided breathing exercises*
- *Movement therapy*
- *Discover artistic expression of emotions*
- *New perspective through creativity*
- *Learn stress/pain management*
- *Overcome trauma*
- *Achieve clarity and peace*
- *Redefine meaning and purpose*
- *Empower yourself*
- *Mindfulness techniques*

• In person sessions are suspended due to COVID-19 restrictions.

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## Dr. Sudha Priyadarshiny

Sudha is a certified Expressive Arts Facilitator (Studio for Movement Arts & Therapies Trust, Bengaluru) with a background in Medicine (M.B.B.S. from NSCBMC, Jabalpur).

## Who can do Art & Movement Therapy?

- Anyone who wishes to learn or improve stress management, achieve clarity, or explore artistic means of healing regarding any issues, can undergo art & movement therapy.
- Art & Movement therapy will accept anyone regardless of ethnic background, gender, sexual orientation, age or abilities.
- You do not need to have any artistic (drawing, dance, etc.) ability to benefit from expressive arts therapy.
- Strict confidentiality will be maintained, which is according to the laws that govern therapist-patient relationships.

