

Neurographic Art

Description	A guided drawing process designed to help the subconscious mind untangle problems and generate fresh solutions.
What happens	Participants follow a guided sequence of mark-making and colouring, designed to engage subconscious thinking and ultimately problem-solve.
Why it works	It quietens the thinking mind, allowing solutions to naturally emerge in time.
What's included	All materials.
Logistics	Tables and chairs for all participants.
Group sizing	Any size up to 100.
Price	£40.00 per person + travel.

Optional Enhancements

Energiser to open the session

Curated background music to support flow

