



Art Therapy Getaways @ BROOKDALE

JOIN US AT BROOKDALE...
with Kim Pereira

MARCH 2017

3 NIGHTS: Sunday 26th – Wednesday 29th March

JULY 2017

3 NIGHTS: Sunday 9th – Wednesday 12th July

ADD R750 TO YOUR STAY
and enjoy four 90 minute Art Classes
with all art materials included.

classes @ 10h30 – 12h00 and 15h30 – 17h00



ZERO TALENT REQUIRED

You are taken through the process of painting your very own masterpiece step by step.

Co-ordinated and run by Durban artist, Kim Pereira, who paints a mock up of the painting you will be doing. She documents each stage of the process, even down to the mixing of the colours you will be using!

'Cheat sheets' are available for those who would prefer to trace the image to begin with.

Getting creative is a powerful therapy for stress management and a tool to help you switch off!

YOUR ART TEACHER : KIM PEREIRA

Facebook: <http://facebook.com/Kimpereiraart>

Instagram: @kimpereira_art

#comepaintwithme (artclasses) Art Nite (social painting evenings)

DON'T MISS OUT ON THESE FANTASTIC OPPORTUNITIES

Call Misha or Jamie now
to book your spot.



Brookdale

HEALTH HYDRO

Your Wellness Destination

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