

## Therapeutic workshop for Young Women in the South London Peace Embassy

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A very therapeutic workshop took place for Young Women in the Peace Embassy, South London, on 22 Oct 2016.

The participants were able to draw, to paint and to colour.

Two main exercises: First: to draw a tree with their roots.

The tree symbolises the human life and the roots symbolise the energy of life. From the roots the energy goes to the tree to give life. Each participant drew a Tree of life with their roots. The roots were named with different words thinking were the energy was coming from, according to their experiences.

Second exercise: To draw and paint wherever each participant would liked to express.

Different art work was created expressing all kind the feelings through forms and colours.

In the end all the art work was put together making a collective work and each participant made a liaison connecting their work with the others.

It was an enjoyable afternoon."

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