

ABOUT



Flavius Valone Pisapia is an Italian-Romanian Sculptor and Transformative Arts Facilitator.

He is an alumni of Tobias School of Art and Therapy (UK). Since 2010 Flavius has been facilitating various Art for Well-Being workshops.

As a practicing artist, he had several solo art exhibitions including Embodiments of Infinity at The Cube Gallery (Goa, 2021)

His artwork is in private collections worldwide and is represented by national and international galleries.

How to join or host Transformative Arts Workshops

Individual

If you wish to attend a workshop, check the website for upcoming events or join our mailing list to be notified of upcoming workshops.



Centre

If you wish to host a workshop at your centre, contact me with the details, such as number of participants, art media preference, and timings.

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TRANSFORMATIVE ARTS WORKSHOPS

• IMAGINE • INSPIRE • INTUIT •



Flavius Pisapia
Sculptor & Art Facilitator

MA Transpersonal Arts, UK

ART FOR WELL-BEING

Calm your mind and relax into a state of well-being through art.

Creating art can help you to...

- Know yourself better
- See and change patterns in your life
- Grow and make powerful inner shifts

No previous experience in art necessary!

"It's not about making something pretty, it's about expressing yourself." — Flavius Pisapia

Learn the basics of art to get started. Emphasis is not on getting it right, but rather following a holistic approach — your responses to colours and shapes, and discovering your own truth.

Self-discovery and personal development are subtle processes. The visual arts media, exercises, and sharings are chosen to best facilitate this gentle inner transformation.

Art media we will be using across different workshops:

- Get into flow with dynamic form drawing
- Learn the basics of wet-on-wet watercolours
- Explore the forms of nature with potter's clay

"Wet-on-wet painting allows for "mistakes" and expression. It's about an organic unfolding, not fine art technique." Flavius Pisapia

Workshop themes include: colour moods, nature cycles, and story themes. Questions for reflection and sharing create a space for growth, connection, and deepening.

"This workshop has made me feel very connected to myself. It has strengthened the awareness of what is happening around me and how I feel about it. ...It has decluttered my mind and also motivated me to clear up the physical space around me."

