

IN ART Immersion

Dive into yourself, in color, body and soul

✨ Meditation that connects ✨ Art that reveals ✨ Inner creativity that builds
“There are always flowers for those who want to see them” Henri Matisse

Discomforts or Callings?

In the midst of your daily unfolding, facing diverse callings in life, is there a sensation within you that life has become a series of routines that haven't nourished your soul, beauty, harmony, joy, tranquility, and the connection you would like to experience? If so, how can you address a possible and differentiated calling there?

Possibilities of Seeing

WHAT IF YOU could enter a multicolored garden, a safe and fertile refuge for contact with yourself, your personal expression, and the creation of more meaning and fullness in living? Imagine, in a glimpse, accessing that garden within you, where you can see the beauty of your essence, perhaps somewhat hidden. Does unveiling it call to you?

A Beautiful Path to Walk

We invite you to co-create with us this beautiful and harmonious garden with more color, joy, self-love and self-worth, encounter, discovery, expansion, vitality, creativity! A garden to flourish from within you onto the canvas, into life!

We invite you to experience the IN ART Immersion! Come awaken your potential to connect, create, and co-create alongside the power of art. Your life expanded to a new and beautiful version.

What Moves Us in the IN ART Immersion?

IN ART and its 5 petals

An original methodology inspired by profound experiences and interconnected fields of knowledge based on the pillars:

1. MEDITATION

2. ART AND EXPRESSION IN PAINTING

3. PLAYFULNESS

4. NONVIOLENT COMMUNICATION (NVC)

5. INNER CREATIVITY

- **Meditation and Intuitive Painting**

- Painting as a bridge between the unconscious and the conscious, as C. Jung taught.
- Meditation to quiet the mind and access feeling and intuition to create.
- Free expression guided by a deep and broad connection. Allowing oneself to flow.

Inspiration, Learning, and Technique in Painting

- Inspiration from artists such as Hilma Af Klint, Nicholas Roerich, Johannes Itten, Agnes Martin, Wassily Kandinsky, and art that converses with a subtle connection.
- Experimentation with painting techniques (watercolor, collage, pastel, color theory, etc.).
- Technique as a tool to foster dialogue between your inner self, the canvas, and life.

Authentic Human Connection and Playfulness

- Games as fundamental to culture, expression, and creativity, as J. Huizinga taught.
- Experiments with playful potential to strengthen bonds, connection, and presence.
- An environment of welcome, comfort, and safety for authentic unfolding.

Nonviolent Communication (NVC) and Empathy

- Stimuli for self-listening and self-expression, leading to greater self-knowledge and empathy in creation.
- Invitations to communicate artistically with what is alive within you, as M. Rosenberg taught.
- Learning to feel, name, and express feelings and needs that emerge during creation.

Boldness and Confidence in Inner Creativity

- Processes of artistic experimentation to embrace courage in the face of the unknown.

- Development of confidence in the process of daring to innovate, as R. May taught.
- Access to the joy of the creative impulse from within, making it available in life.

The Essence of IN ART Immersion

The IN ART Immersion is not about a perfect final result on the canvas. We prioritize the processual and enjoyable discovery of your “Creative Essence” – that part of you that is free from conditioning and capable of making intuitive leaps that reverberate in your co-creation in life. Do you want to discover and express the Co-Creator Being within you?

How Do We Co-create the Fertile IN ART Garden?

- **Dedicated time matters.** Monthly immersive 4-hour encounters, carefully prepared to maximize your co/creative experience.
- **The external/internal creative environment matters.** In a beautiful and welcoming natural space, in the city of Guararema/SP, with healthy nourishment.
- **Reliable and respectful guidance matters.** Experienced and empathetic facilitation to integrate your potential with your even better self, and with the whole.
- **Accessibility matters.** All necessary materials provided by us.

Each encounter is structured to offer a calm tasting of moments of introspection, bonding, movement, connection, experimentation, artistic creation, co-creation, nourishment, learning, sharing, contemplation, celebration, and gratitude.

- IN ART Immersion for Organizations, Events, and Partnerships – please get in touch.

“Don’t ask yourself what the world needs, ask yourself what makes you feel alive. And then go do that. Because what the world needs are people who feel alive.”Harold Whitman

Take your students to nature, let them experience, let them see how a bud forms, how a tree grows, how a butterfly is born. They too will become as rich and as determined as nature, for contemplation is a revelation, a glimpse into God’s workshop; it is there that the mystery of creation rests.

Is IN ART for you?

If you allow yourself to experience an incredible journey of reconnection with the beauty of your potential to be and co-create in life... And/or also...

- Reveal the beautiful, the luminous through your own hands
- Begin or expand contact with the Art of painting
- Note: No prior experience with painting, drawing, or other arts is required.

Access and strengthen your creative and innovative potential in personal, professional, and social spheres

Gain greater access to the subtle, intuitive, sensorial field to guide your creation

Deepen your self-knowledge with lightness

Prioritize your bio-psycho-emotional self-care

Cultivate peace and introspection, inspire yourself and inspire others...

Connect with nature and a harmonious and healthy field of people

Express yourself with greater intra/interpersonal empathy

We await you, with color, body, and soul.

Facilitators

Jean Louis Visual Artist and Designer, ideator and creator of IN ART

- Specialist in Playful and Creative Development for Individuals
- Creator and mediator of artistic/creative self-development experiences for individuals and groups across diverse audiences and organizations
- 30 years of experience with creativity in advertising and art
- Trained in Rebirthing Therapy and Nonviolent Communication

Eric Gouw Special guest in the meditative field.

- Physiotherapist
- Traditional Chinese Medicine practitioner
- Yoga Instructor (Dao Yin)