



SIGNATURE EXPERIENCES



TEN-WEEK COURSE FOR HIGHLY SENSITIVE PEOPLE / NEURODIVERSITY

The experience can benefit anyone who would like to take hold of their Thinking, Feeling, and Willpower.

Participants can experience the Seven Life Processes, through line drawing and elements of Eurythmy - a gentle standing and seated movement practice, with archetypal gestures, based on the seven days of the week.

The course is supportive in discerning ones inner rhythms, and in coming to know oneself.



FOUR-WEEK GOETHEAN OBSERVATION ART COURSE

Participants are invited to enter the process of cultivating a living relationship between aspects and elements of Nature, and ourselves as a Fourfold Human Being.

The creative process itself can invite new discoveries that are deeply felt, dynamic, and ever-evolving.



FOUR-WEEK ART COURSE FOR WOMEN, WITH WONDER TALES

Using soft pastels and charcoal on paper, participants are invited to meet ancient myth and fairytale stories exploring places, people, beings, quests, encounters, and struggles.

As we strive to understand the longings, helpers, and hindrances in the stories, we may toward new discoveries around relationships of the past, present, and future.

Cycle of Programmes on display at this link :

<https://www.appleaniseedarts.com/highsensivitypotential/upcomingcoursesclassesgroups>

Alternatively, please feel free to send an email describing your needs.



**TO BOOK FOR AN EXPERIENCE
TO BOOK ART THERAPY SESSIONS
TO HOST A PROGRAMME
TO HOST A CREATIVE HEALTH TALK**



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www.AppleAniseedArts.com



Online : International

In-Person: Aberdeen, Edinburgh, Inverness

Summer Courses in London

Willing to Travel

APPLE ANISEED ARTS

**Arts-based
Personal and Social
Explorations for
Health and Wellbeing**



AUTHENTIC EXPERIENCES

- We carry within us, the mineral, plant, and animal stages of human development. In a way, our world crises today could be seen as a reflection of humanity's struggle to integrate the Fourfold Human Being in a conscious and conscience-directed way.
- All our signature courses offer experiential opportunities to enter into a self-enquiry through encounter and relationship, where in the perception of life's opposites, we may discover bridges - to know the Being of Love.
- Participants are guided to discern and acknowledge the deep ties between their physical, emotional, intellectual, and spiritual parts of the self.
- Our experiences offer glimpses that can enable participants to harness their Perception to arrive at self-recognised truths.
- With the beauty of Listening through the heart as the ground that carry our offerings, the arts-based experiences can contribute towards social health and world wellbeing.
- Participants are guided to experience and gain practical tools for developing heart-centered living, that can inform how to go beyond Materialism whilst including Materialism.
- Through artistic processes, writing exercises, gentle movement, singing, stories, journalling, and poetry, we can open in wonder to personal and social development.
- In our search for meaning in our place on Earth, the right questions can invite balance between what moves in the space and sky above us, and what moves in the seasonal changes of nature below us.

ABOUT US

Hello. I'm Nisha Halai,
Founder of Apple Aniseed Arts.
The collective is formed of collaborative relationships delivering workshops and programs around the UK.



Through the lens of a fifteen-year career in Corporate Banking, new possibilities have been uncovered to understand Materialism. Through experiences of Injustices, a new understanding of Justice, Equality, Diversity, and Inclusivity have been uncovered.

Practicing ways of sensing and breathing with the beauty of life's range of struggles, is what I now stand for.

As a Multi-Disciplinary Artist and Creative Health Facilitator, I invite people to practice perceiving dynamic bridges between the opposites presented through colour, shape, size, substance, character, quality, and movement - where personal intuition and resilience can be strengthened.

WHAT WE DO

Like the seasons of Nature and the moving stars, change is inevitable.

Rooted in Anthroposophical principles, Apple Aniseed Arts facilitators support people to regenerate creative inner ecosystems, to discern the feeling of healthy freedom, community, and love.

With the heart at the centre of our endeavours, we create safe, welcoming and inclusive environments for people to self-enquire.

Through arts, movement, and connection with our inner and outer Nature, courageous questions can lead to flexibility, creative health, and peace.

TESTIMONIALS

"I felt so relaxed and centred from doing the four calming Eurythmy gestures. To my surprise, I went on to birth my baby in a natural way. The nurses were in awe of my strength to say No and do what I sensed my baby needed from me".
(A highly sensitive pregnant woman).

"Nisha has worked very well in our team of counsellors. She is very able to self-reflect and use this gift for the benefit of the work. She has been an asset to Greenwich MIND and her work has been creative and healing for our staff and our service users. We feel very grateful to Nisha for her skills and commitment. She is a boon to the profession, and our organisation".

*Libby Agate, Crisis Counselling Lead
MIND mental Health Charity*

*"Nisha is a real gift to us. She has a lovely manner and exudes warm loving energy to all. Her insights have been very helpful to the school faculty.
Nisha is highly intuitive and open to energies of those around her which she can then perceive and understand for the benefit of the group.
I have witnessed her commitment and care dealing with specific cases, and allowing for processes to run their course, whether it is internal healing or a cathartic process of transformation. Nisha made a positive impact to the school, working with our team of Kindergarten teachers. She is a gem, and we consider ourselves lucky to have worked with her".*

*Greenwich Steiner School
Previous Headteacher : Adrian Dow*

