

Wellbeing Art Making

Warm up to the day with some fun drawing and colouring exercises. Make yourself a colourful talisman to take with you.

Facilitator: Tash Ianni



Tash Ianni is a multidisciplinary artist currently completing her third year of a Bachelor of Art Therapy.

Over fifteen years, she has hosted creative workshops and art shows, and collaborated with artists across the globe. She is drawn to the ways creative process opens what language alone cannot reach.

Tash creates primarily outdoors, from her garden in Terrey Hills, a semi-rural pocket of Sydney's northern reaches, where her love of nature finds somatic expression in her work. She is deeply passionate about play, curious about the growth edges it inevitably leads to, and committed to exploring its alchemising qualities, in her own practice and in the lives of those she works with.