**ABOUT MARIKA**
''Art Therapy is a wonderful way of entering into our creative potential, giving us the opportunity to use imagination as a way of connecting with and expressing those feelings that make us unique. I see art therapy as both liberating and empowering as we gain access to our hopes and dreams, and begin giving voice to our inner selves.’’

During Art Therapy sessions I guide the process in a safe and respectful way as we negotiate our human situations: Creating art offers the opportunity to find deeper understanding or resolution to issues, and can involve profound and personal learning.

My personal background is as an arts practitioner, community arts facilitator, homeopath and Art Therapist. I work holistically and my work incorporates additional personal training in Reiki and Shamanic Practice, allowing access to a deeper level of intuitive communication.''

Lic. IShom, BAVA, MAAT, reg. IACAT

