

Behold Art
with Yoga, Brush & Ink

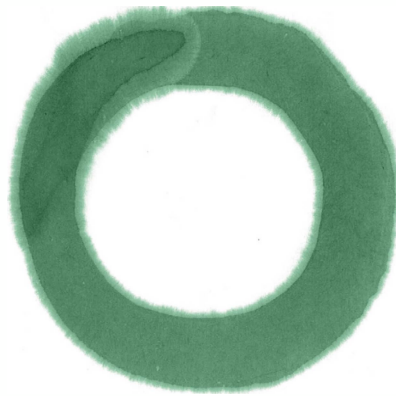
WORKSHOP

The Unfolding Self

through ink, brush and yoga

WITH RICHARD LIDDICUT

Saturday 22nd April 2023



This workshop combines yoga and brush and ink techniques in a way that takes the student into an inner, fluid and interconnected world where the outer layers of the ego melt away to reveal our inner nature.

Pool of resources: Yoga - movement, posture, sound, relaxation, concentration and meditation practices; Brush and Ink - Ink Mixing, Japanese Ink Painting and Japanese Calligraphy techniques, Poetry and Intuitive Painting.

FOR BEGINNER & EXPERIENCED YOGIS AND INK PAINTERS

Time: 11am - 2pm

Green Monday Studios, 73 Grattan Street, Carlton

Cost: \$56 / \$43 conc. each

COVID COMPLIANCE

Although Covid-19 is not considered much these days, it is still present in the community. Please read the Victorian Department of Health's information at www.coronavirus.vic.gov.au/health-advice to see if the government issues any requirements for attending a class or course shown here.

Materials - Regular Brush and Ink students should bring their own materials.

Materials will be supplied for the workshop to those that don't have them.

Enquiries: 9387 1236 • email: info@beholdart.com.au

www.beholdart.com.au •  [@behold_art_melbourne](https://www.instagram.com/behold_art_melbourne)

THE TEACHER:

YOGA BACKGROUND

- Between 1973 and 1985, received extensive yoga teacher training under the late Dorotea Mangiamele, founder of Mangala Studios of Yoga and Creative Dance.
- Richard has taught yoga continuously since 1975, and is a full member of I.Y.T.A.

BRUSH & INK BACKGROUND

- Since 1973 Richard has studied under a number of Oriental Ink Brush painting and calligraphy teachers. His major teachers have been André Sollier, Yap Teo Khoon, Ms Shigyoku Kitaoji, Zhang Jian Xiong, Yao Dixiong and Mr Houzan Ikegami. For 16 years he studied under the modern Japanese calligraphy master, the late Inagaki Suho, and at present holds the teaching rank 'Shihan Kaku' with the Shodo Gaku Shu School, Nagoya, Japan.
- In 1980 he began teaching Ink Brush painting at Mangala Studios.
- He has exhibited on numerous occasions in Australia and overseas.

ENROLMENT

Either online - www.beholdart.com.au - or by returning this completed form to info@beholdart.com.au with **PAYMENT BY ELECTRONIC FUNDS TRANSFER** by Saturday the 15th of April.

IF EFT IS NOT POSSIBLE, PLEASE CONTACT RICHARD BY PHONE: (03) 9387 1236 TO MAKE OTHER ARRANGEMENTS SO PAYMENT IS RECEIVED BY Saturday the 15th of April. SEE BANK DETAILS BELOW.

REQUIREMENTS FOR THE WORKSHOP:

- **ANYONE WITH A PRE-EXISTING MEDICAL CONDITION SHOULD LET RICHARD KNOW THE DETAILS BEFORE COMMENCING THE WORKSHOP.**

CONDITIONS

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- **TO BE IN A GOOD CONDITION FOR THE WORKSHOP, THE MAIN MEAL SHOULD BE TAKEN EARLIER IN THE DAY.**
- **COMFORTABLE, LOOSE AND DARK COLOURED CLOTHING.**
- **MOBILE PHONES AND OTHER ELECTRICAL DEVICES**
- E.G. IPAD - TO BE TURNED OFF.

PLEASE DO NOT DETACH

Please read this brochure carefully and note any relevant details eg.
Telephone number and address before returning.

Name
(given name) (surname)

Phone: (h).....(mob)

Tick appropriate box ☐ Sat 22nd April

Email:

Health/Concession/Pension Card Number:Expiry Date:

Payment Amount

Circle Method of Payment: Cash or Electronic Funds Transfer

Details:

Details for EFT: Bank Name: Bank Australia Bank Address: 222 High Street, Kew VIC 3101

BSB: 313 140 Account Name: Richard Liddicut Account Number: 1923 3273

Richard's ABN number: 54 515 587 936

Receipt will be supplied upon request.