



SIGNATURE EXPERIENCES

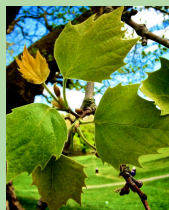


TEN-WEEK COURSE FOR HIGHLY SENSITIVE PEOPLE / NEURODIVERSITY / EVERYONE

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, and find ground in relating.



FOUR-WEEK GOETHEAN OBSERVATION ARTS COURSES

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.

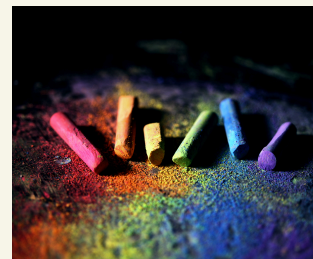


FOUR-WEEK ARTS COURSES FOR WOMEN, WITH WONDER TALES

Using soft pastels and charcoal on paper, participants are invited to meet ancient international myths, fables and fairytale stories, poems, and songs.

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

Through the Polarities that I bring with specific Art, Sound, and Movement practices. explorations of archetypal fairy-tales, colours, lines, shapes, arts media substances, Eurythmy movement, speaking, and singing, a flowering of new potential for not just Health and Wellbeing, but Meaning and Love can be discovered in time.



OUR PROGRAMMES ARE BESPOKE TO YOUR NEEDS

**EURYTHMY WELLNESS EXPERIENCES
THERAPEUTIC ARTS
SINGING
STORYTELLING
CREATIVE WRITING
CREATIVE HEALTH TALKS**



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www.AppleAniseedArts.com



Online : International

In-Person:

Aberdeen, Edinburgh, Inverness, London
Willing to Travel

APPLE ANISEED ARTS

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



At Apple Aniseed Arts, we believe in the transformative power of practicing listening in reverence of Artistic Expression.

Bespoke programmes are designed with participation in mind, where we can discover the Centre and Boundary - through which Life processes inspire renewal.

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 Love.
- Our experiences offer glimpses that can enable participants to harness 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, discerning personal questions and longings may invite balance between a diverse range of opposites.

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 Life and Relationships in a new way.

Practicing new ways of sensing and breathing with the beauty of life's range of challenges, is what I advocate for, in accompanying people to discover their own questions and meanings.

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,

The Transpersonal Therapeutic Arts approach inherently includes processes that respect Nature's Rhythms as well as the Cosmic Rhythms; between which we have the potential to discover self-regulation - as an Individual supported by the Social.

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

It has been so deep and at the same time, uplifting and invaluable to me. The Therapy has brought me to a very intimate connection with my soul. It's very organic and gentle, even though I might process things, feel pain, or cry. I'm extremely grateful. I enjoyed the whole 360 degree process, and the little poetry an song surprises. I couldn't have asked for anything better.

- Dr Daniela Deiosso, Klinghart Institute, Brighton, UK

"I felt so relaxed and centred doing the four calming Eurythmy gestures for pregnant women. To my surprise, I went on to birth my baby in a natural way. The nurses stood around my bed in awe of my strength to say No to their many generous offers of pain-relief interventions. I knew that what my baby needed from me. I knew I could trust my own intuition and my senses. Thank you.

- Nayna, a highly sensitive pregnant woman, London.

"Nisha 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 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, London

Previous Headteacher : Adrian Dow