



Making Visual Art for Emotional Wellbeing : The Meda Foundation Approach

Description

CATEGORY

1. Creative Exploration
2. Happy & Simple Living
3. Psychology
4. Therapies and Interventions

POST TAG

1. #AdultColouring
2. #AffordableArt
3. #ArtTherapy
4. #BalancedDesign
5. #Colouring
6. #ColourTherapy
7. #Continuity
8. #Destress
9. #Doodling
10. #FeelingOfAchievement
11. #Fibonacci
12. #GoldenRation
13. #MandalaArt
14. #MEDA
15. #MedaFoundation

16. #MeTime
17. #MindfulArt
18. #Painting
19. #PatternTherapy
20. #RainbowMakesUsHappy
21. #Rangoli
22. #Rythmn
23. #SacredGelometry
24. #TherapeuticRepetition
25. #VisualAesthetic

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MEDA Foundation