



Workshop For Anna Lovely Gallery

Neurographica Workshop

With Joanna Kay

29 April 2023

What is the best way to deal with change?

Give up fear of an unknown future, the best way is to tap into the unknown through the act of creativity



This workshop will loosen up your painting style and push yourself out of your comfort zone with colour, shape and line.

Neurographic art is a therapeutic art form and one which I use in my personal practice to come to new associations and build new confidences in my practice. It is one of the most widely used psychological techniques in art therapy today. Students will be introduced to a meditative approach to art; transforming any bodily or mental tension into imaginative creative masterpieces. However, what it does involve most is some of the simplest and deepest forms of explorative creativity only the interest in creating an artwork that is not only intuitive but greatly beneficial to our emotional well-being.

Russian psychologist Pavel Piskarev coined the term Neurographica in 2014. He has described the methods and process of this Neurographic art as something that creatively can transform the world. By this, he specifies how using the simplest tools to draw through this technique creates a link between the conscious and unconscious mind. This connection is made by the brain cells called neurons being activated in a way that brings forth awareness and mindfulness. This awareness and mindfulness can be used to transform and release inner feelings. This is an explorative and healing project for people of all ages and no artistic abilities are required.

(All Materials provided)

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Overcoming obstacles in the mind through creativity -



About The Artist

Joanna is an experimental artist whose practice expands across multiple disciplines and mediums such as; Site Specific Installations, mixed media textiles, sculpture, painting, digital projection and illustration.

Sequin creates her work from her studio, making each piece in a meditative style, taking time and personal consideration in order to infuse the artwork with the correct energy, spirit and message. The works she creates are often a delicate form of revelation and healing for the artist herself reflecting an intimate journey into her own personal journey transforming and translating challenging feelings into aesthetically directed artworks.

She has dedicated nine years to her personal development and healing. The shadow work and personal transformation is a regular practice and this deeply influences her own philosophy and her creative practice as an artist. This kind of energetic work enables her to work through personal processes and translate these processes into her artworks. She is passionate about individual and collective trauma healing to further connect us as humans and to deepen and enliven our experience of what it is to be human. There is an underlying element of personal transformation present throughout all her artworks especially the Zodiac Collection. Through the exploration of transpersonal psychology and her research into Carl Jung's work she is finding a way to heal the wound of separation within herself and bring that awareness to the human collective.

She is currently studying Art Therapy and Neurographica which inform her practice on a subtle level; enabling her to teach and bring Art Therapy and healing to wider audiences and assist clients through their own exploration of healing, conflict resolution and problem solving through creative expression.