

Mindful Art Cafe

a pop up by Clarise Creative Wellness



Menu

MINDFUL CHARCOAL.

For those looking to.....release perfectionism. \$15

Let go of perfectionism and embrace the freedom of drawing loosely with charcoal. Perfect for those who feel overwhelmed by choices.

PLAYFUL PASTELS

For those looking to.....embrace the inner child. \$18

Dive into a world of color and texture with pastels! This multi-sensory experience allows you to get your hands messy and let your creativity flow. Don't worry if you break the pastels! We expect that :)

WATERCOLOR MEDITATION

For those looking to.....find some balance. \$28

This experience pairs the gentle flow of watercolors with the structure of thin black markers to help reset the nervous system and achieve a sense of balance.

CREATIVE COLLAGE

For those looking to.....stretch the brain. \$25

This Activity is like a brain massage, allowing you to make unexpected connections and flex your creative muscles by combining elements that wouldn't normally go together.

DRIED FLORAL CANDLES

For those looking to.....make something beautiful. \$35

choose from a palette of dried florals to decorate your candlesticks and create a stunning masterpiece for yourself or a loved one