

Finding Your Path Documentary Screenings

Screenings and Workshops (FYP)

Creative Wellbeing Workshops & Experiences

A series of gentle, creative offerings supporting self-expression, reflection, and connection—designed to help participants slow down, reconnect with themselves, and explore their sense of purpose, direction, and authentic path.

1. Expressive Arts

A nurturing space to explore self-love, inner awareness, and emotional expression.

Through art-making and guided reflection, participants are invited to reconnect with themselves and recognise that loving yourself is the first step toward living your authentic path.

- Painting & mixed media • Guided reflection
- No art experience required.

2. Yoga • Art • Dharma

A mindful journey integrating movement, creativity, and wisdom teachings.

- Gentle yoga
- Creative response
- Reflection on values, life direction, and personal growth.

3. Mindful Photography

Slow down and see the world—and yourself—with fresh awareness.

- Presence & observation
- Nature-based photography
- Creative exercises to notice what matters and illuminate your path.

4. Forest Bathing

Reconnect with nature, slow your mind, and gain clarity through stillness.

- Guided sensory walk
- Deep listening & quiet reflection
- Tea ceremony to support reflection and inner calm.

5. Heritage Experience

Explore place, story, and memory to connect with your own journey.

- Local history & culture
- Creative reflection
- Shared storytelling to support self-discovery and belonging.

Who it's for

Women seeking clarity, creativity, self love, and a deeper sense of purpose.

