

At a time when our feelings, mental health and wellbeing feels so paramount and so many of us are working remotely and may feel isolated, The Lowry arts centre can offer truly unique and creative on-line Zoom event opportunities to benefit your staff, clients, friends and family.

Each online workshop event lasts 1hr – 1.5hr and prices vary from £500-£950. All workshops can be adapted to suit the age and accessibility requirements of participants and capacities can be up to 300 on Zoom for some events. We can also take any creative idea you have and create bespoke events just for you, working with an artist we know would suit. Before each event we'll work with you to have a 'test run' and you are welcome to virtually meet the artists beforehand too.

All these events help bring people together, inspire and motivate and use the power of the Arts to boost morale. In addition to all these benefits, you'll also be supporting The Lowry Centre Trust and our work in our local communities (registered charity 1053962).

### VISUAL ARTS AND CRAFT

**Art Session** 

**LS Lowry Landscapes** Work with a professional artist to explore the work of L.S Lowry. Learn how to draw an LS Lowry landscape, exploring his use of perspective, characters, colour and tone. Can be adapted for all ages.

**LS Lowry Portrait Art Session** 

A fun exploration of Lowry's work and techniques with a professional artist providing step by step instructions and techniques to help bring your portrait to life; try a self-portrait (using a mirror) or draw a family member or friend.

**Art & Wellbeing** Session

Work with an artist to bring healing, restoration, and rejuvenation through artistic processes and techniques with a positive twist. Examples include reflective sketching, Gratitude Art Journaling, Family Mural Painting and Mandalas for Centring.

Marvel-ous Art & Wellbeing

Explore the 5 ways to wellbeing and learn how to draw comic book superheroes. A Lowry professional artist will help you to develop new superhero characters who embody the 5 ways to wellbeing; Connect, Give, Take Notice, Be Active, Keep Learning

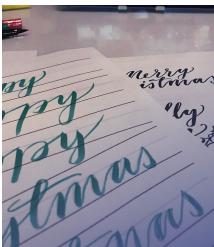
Introduction to **Brush Lettering** 

Working modern calligraphy and brush lettering workshop. Beginner workshop celebrating putting pen to paper.

**Puppet Making** 

Using household objects (we'll issue a list in advance) make puppets with a theatre company who specialise in immersive family productions







### DANCE AND PHYSICAL

**Yoga Dance Flow** A one hour dynamic dance and yoga inspired

> online workshop. A professional yoga and dance instructor will help you to find your own flow through music, deep breathing, and whole-body movements developing strength,

flexibility and balance.

Family dance class Learn a dance routine together - a family dance

class with a professional Lowry dance teacher in which the whole family learn a fun and

energising dance routine.

### PERFORMANCE AND WRITING

### **Character Work**An interactive workshop with a professional theatre maker to explore

characters. Participants find props and costume at home to develop their own characters. The facilitator leads them through a series of character development exercises to help them to create their backstory, physicality and voice. Finally the group can meet and hot seat each character to learn all about them. Short, improvised scenes between 2 characters can also be developed if the group feel confident.

### **Clowning workshop**

Work with professional clowns to find your inner clown! A safe space to laugh and learn about clowning techniques including physicality and gesture, movement and silly walks, voice and character habits. This session will encourage you to let loose in lockdown and provoke you to discover your sense of fun, pleasure and freedom.

## Storytelling Workshop

Storytelling is a fundamental part of humanity and it is important now, more than ever, to be able to connect, reflect and share stories. Work with a professional performer to discover, craft and tell your stories with confidence. Develop skills for presentations & speeches, to communicate your ideas or to entertain your friends and learn to tell engaging stories that persuade, influence and inspire.

# Creative Writing / Spoken word

A Zoom workshop where people of any age use the stimulus of their lockdown experience (through sharing photos of their lockdown experiences or the facilitator can provide some stimulus photos) to workshop the process of writing a poem or story. The artist encourages the group to each give words that reflect the image then the group take turns to write a sentence each using the words to collectively create either a poem or a story. The artist then takes the group through performing the poems with confidence, with an underscore of music to add to the drama.

### **Balloon art**

We'll send you packs of balloons and you can work with balloon artist and performer to make some family fun creations together

### **Stand Up Comedy**

Unleash your inner comedian with an introductory stand-up comedy workshop with a local Comedian and performer

## **Price**

**Between £500-£950+VAT per workshop.** Where art materials/kit is needed to be posted to participants the price will include these. For every event sold, you'll be supporting the arts, and help to secure the future of the North West's most visited cultural venue.

**Pay it forward!** Double it and we'll be able to offer a bespoke creative art workshop to our Learning & Engagement teams project groups - this will allow our groups of young carers, looked after children, young parents or NEET young people to benefit from these events.

In thanks, we'll celebrate your support on our social media channels.

### Contact

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