

## EXCLUSIVE OFFER FOR CONTRIBUTING MEMBERS OF THE VIC STAFF ASSOCIATIONS / UNIONS:

You had a stressful day and you're looking for balancing with a soothing Art therapy setting? Here is a quick online support for you:

**€100**  
voucher  
\*one-time voucher

  
**create art**  
THERAPY



**Mag. Petra Krassnitzer**  
certified holistic Art therapist

"I help to uncover the senses and get to know them.  
The more art, the closer we are to our own essence."

### What is art therapy?

When my flow of life is blocked, art serves as an escape channel. Any artistic medium can be used to get energies flowing again. How can I express myself? Something inside me stops me. I find it difficult to create my own self. There is something. I can't perceive it. I can't express what I feel. I can expel, soften and dissolve what is cramped inside me through the media of art. Stress and frustration act out. If my liveliness is blocked, then it was too much. I have accumulated too much that has not yet been understood. I digest too much of something in the artistic process. I discover my original liveliness. My original rhythm. My original strength, vitality, sexuality and creativity. I'm becoming more playful. I thrive on painting, music and other arts.

### Price for online 1:1 Art therapy:

1h €120 (with voucher only €20)

Secure your exclusive spot by sending **•VOUCHER•** to  
[therapy@create-art.at](mailto:therapy@create-art.at)

MAY YOU AND ALL BEINGS BE WELL IN BODY, HEART, MIND AND SOUL.

The spirit of creating

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