



## Art Therapy: Celtic

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Emerging at the end of the 5th century, energetic circular forms, triskelia and spirals constitute the principal motifs of Celtic art. Through his 100 beautiful illustrations Michel Sollicec invites us to immerse ourselves in an artistic universe of perpetual movement, endless in symbolic language.

Colouring-in is no longer something that only children can enjoy, adults are rediscovering the pleasure and benefits to be derived from this activity. It's a wonderful way to let your creative side express itself, and also a highly relaxing process, as your attention is drawn away from the stresses and distractions of everyday life. Meditative and rewarding, colouring-in is increasingly recognized as an art form in its own right.

Tracing the path of these Celtic spirals and knots has the ability to focus the mind in a relaxing, therapeutic and almost hypnotic way. Move through relaxation and meditation towards a state of mindfulness that is both calming and fulfilling.

With varying levels of difficulty, from basic patterns to complex, interwoven and seemingly boundless designs, *Art Therapy Celtic* enables anyone to create beautiful artwork abound in religious and symbolic meaning.

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Spent a free time and energy to be fun activity to try and do! A lot of people spent their spare time with their family, or their friends. Usually they carrying out activity like watching television, about to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could possibly be reading a book might be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the publication untitled Art Therapy: Celtic can be excellent book to read. May be it could be best activity to you.

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