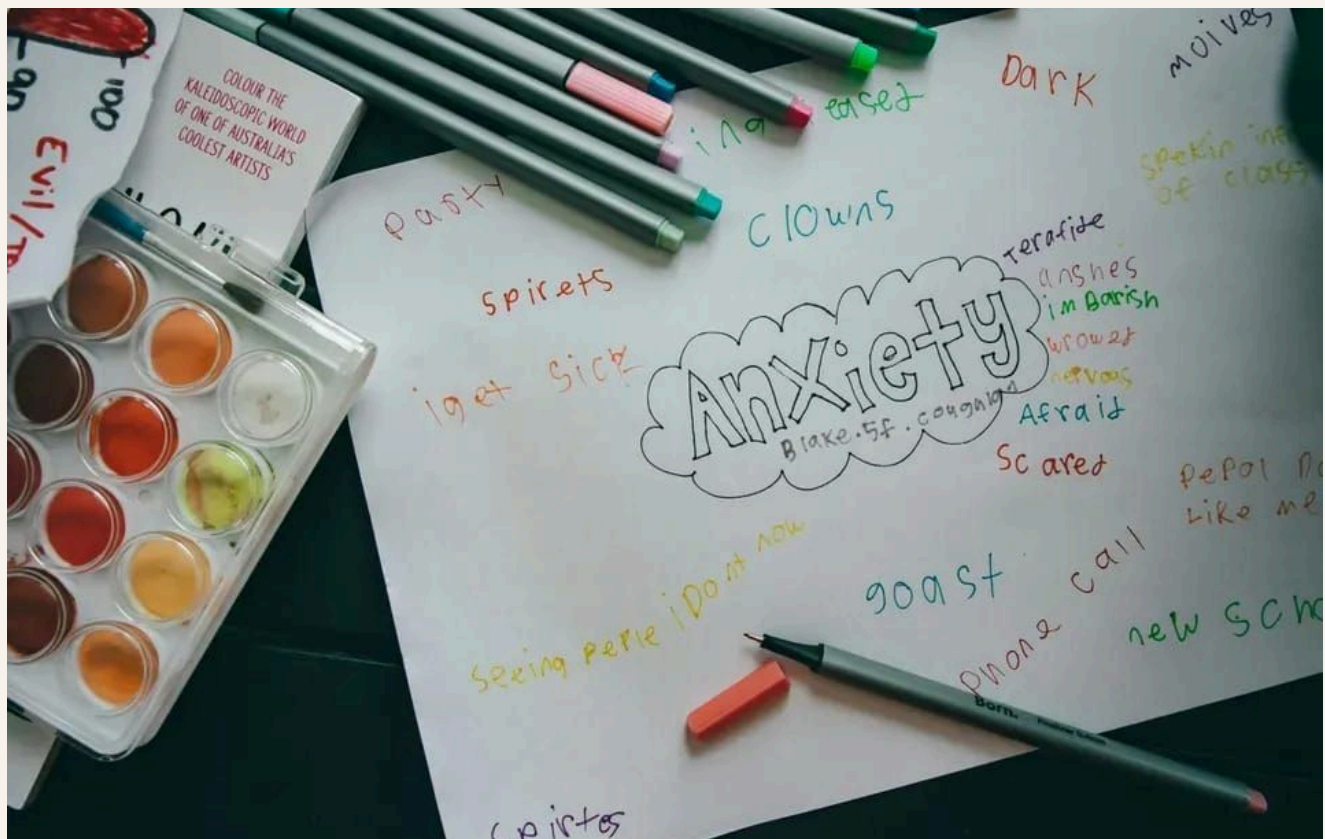


THURSDAY 4 JULY 2024

An art therapy session had everyone draw a four-floor house



Took part **12**
Where aikyam space, Fort Kochi

Facilitators **2**
Run by aikyam space and Mind Empowered

aikyam space and Mind Empowered hosted an art therapy session led by Cristelle Hart Singh of Dil Se. Participants drew a house with four floors, each floor holding a different part of their emotional life — the foundation for foundational beliefs, the first floor for habits to refrain from. They then drew the most vivid emotion that came out of it, and shared the drawings.

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