



Lighthouse  
Centre For Arts And Well-Being

announces

# ARTS AND HEALING FESTIVAL 2023

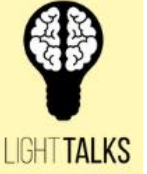
Whether you seek advice to enhance your overall wellness or face challenges related to mental health, this festival offers something for everyone.

So get ready to move, create, learn, talk, relax  
and much more

9th October to 15th October

Registrations open





Arts and Healing Festival

**9th October 2023**

**7:00 pm on Zoom**

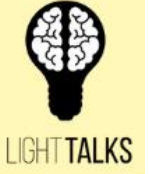
*Difference between day to day  
struggles and Mental Health*

**Conducted by Dr Kersi Chavda**

**Consultant Psychiatrist**

**Inquiries and Registrations  
+91 9819064508**





**10th October 2023  
7:00 pm on Zoom**

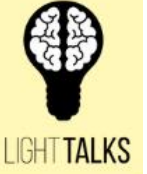
*How to improve and protect your  
mental health*

**Conducted by Zeenia Pithawala  
Counsellor & ABT Practitioner**

**Inquiries and Registrations  
+91 9819064508**







Arts and Healing Festival

**11th October 2023**

**7:00 pm on Zoom**

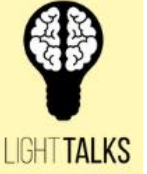
**Sharing Success stories**

**Hosted by Nirali Gogri  
and Snehal Shinde**

**Counsellor & ABT Practitioner**

**Inquiries and Registrations  
+91 9819064508**





Arts and Healing Festival

**12th October 2023**

**7:00 pm on Zoom**

# Resiliency Basket

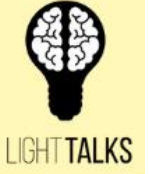
**Conducted by Zill Botadkar**

**Counsellor /ABT Practitioner/  
Behaviour**

**Alternative Therapy Practitioner**

**Inquiries and Registrations  
+91 9819064508**





Arts and Healing Festival

**13th October 2023**

**7:00 pm on Zoom**

**Spiritual care and  
wellbeing**

**Conducted by Tejal Shah**

**Life Awareness Coach**

**Inquiries and Registrations  
+91 9819064508**





**14th - 15th October 2023**  
**9am - 6pm - Pune - Offline**

# Connection Cafe

**Inquiries and Registrations**  
**+91 9819064508**







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Centre For Arts And Well-Being

# Arts and Healing Festival



Meraki

CONNECTION CAFE



Registrations Open - 9819064508





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# MERAKI - CONNECTION CAFE



## Schedule 14TH OCT 2023



09:00 am

Festival Open - Welcome

10:00 am

Grounding through 5 senses

11:00 am

Mental health for all (special needs perspective)

12:00 am

Breath Space - uplift your health and wellness

1:00 Pm

Lunch Break

02:00 pm

**Touch of Clay -a hands on art form for emotional expression**

03:00 pm

Overcoming burnout - healing the healers

04:00 pm

Womens health with yoga

05:00 pm

Music Room - Sing and Dance with us

06:00 pm

Close for the day

Registrations Open - 9819064508



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# MERAKI - CONNECTION CAFE



## Schedule 15TH OCT 2023



09:00 am

Mental Health First Aid

10:00 am

Sound Healing

11:00 am

Understanding and managing  
emotions

12:00 am

Discover your voice through  
Art Journaling

1:00 Pm

Lunch Break

02:00 pm

Make it happen - a Self Care  
Collage

03:00 pm

Good Vibes - Relaxation  
Techniques

04:00 pm

Refocus - Mindful Photography

05:00 pm

Music Room - Drum Jam

06:00 pm

Closing Festival

Registrations Open - 9819064508