ART BASED COACHING

PETALING JAYA, MALAYSIA

"Some things don't come out in words. They come out in your hands."

Shape the clay. Shape the *soul.*

A 5-session contemplative sculptural journey through Earth, Water, Air & Fire — held by hand and in silence as much as in conversation.

DATES	TIME
Oct 2026 – Feb 2027	3:30–6:30 PM
VENUE	**FACILITATOR**
Seksyen 17, PJ	Honey Khor



IN THE STUDIO

— THE FOUR ELEMENTS

Earth Water Air Fire

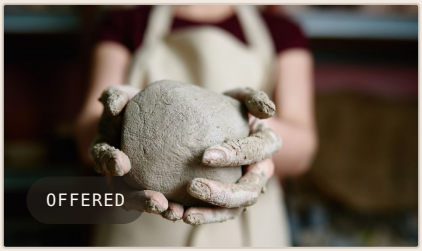
Not a theme. A structure — five sessions, each one layered on top of the last, building toward something none of them could reach alone.

— THE FOUR-ELEMENT JOURNEY

Five sessions. Five dates. One element at a time.

Earth	24 Oct	Grounding — sensing gravity, texture, and resistance through touch alone.
Water	21 Nov	Flowing — the element of molding, the reason sculpting is possible in any material at all.
Air	13 Dec	Breathing — gesture, lightness, and the space around a form.
Fire	16 Jan	Becoming — dynamic, vital forms that carry direction and intent.
Integration	27 Feb	The Dance — Earth, Water, Air and Fire woven into one final sculpture.







Why clay, not something else

No art-school wound attached.
Most people's last relationship with clay was mud or playdough — long before anyone judged their drawing.

Your whole arm has to show up.
Clay needs pressure and weight, not just fine motor control — which is exactly why it's harder to overthink.

It pushes back.
Resistance is real information, visible without anyone having to ask you to explain it.

Nothing is final until you decide it is.
Wet clay can be reshaped right up until it's fired.

What's included

- **All materials & tools.** Every session.
- **A finished piece** to take home, every session.
- **Continuity managed for you** — nothing to store yourself.
- **Light refreshments** each afternoon.
- **Fresh raw clay** to take home between sessions.
- **One integrated sculpture** at the end of the five months.

— WHY ONCE A MONTH

The session ends. The work doesn't.

Four hours is enough time to work something loose. It's not enough time to digest it. The month between sessions is where it settles — worked a little more at your own table, before the next element even begins. The transformation compounds instead of resetting.

— WHO IS YOUR FACILITATOR?

Nearly three decades exploring art as a path of human development.



Honey Khor

Her training runs from Waldorf education, through a Foundation in Art Therapy at Alanus Hochschule in Germany, a clinical internship at Krankenhaus Havelhöhe in Berlin, to the Tobias School of Art and Therapy in the UK. Over nearly three decades she's worked with children, educators, parents, and adults across Malaysia and internationally.

Many of us are used to processing everything in our heads. Clay offers a different way in — it gives your hands something to do while your mind finally has room to settle. Expression on its own isn't always transformative; it needs care around it. That's where her training matters.

— Graduated, Malaysian Institute of Art — Foundation in Art Therapy, Alanus Hochschule, Germany

— Clinical internship, Krankenhaus Havelhöhe, Berlin — HRD Corp accredited trainer

— INVESTMENT

Fees

STANDARD	EARLY BIRD	COME AS A PAIR
RM1,250	RM1,050 ~~1,250~~	RM1,050 ~~1,250~~
One place across all five sessions. Materials and refreshments included.	Register by Saturday 10 October 2026 and save RM200.	Each, when two of you book together — the early-bird rate, any time.

HRD Corp Claimable under Coaching & Mentoring. This programme is designed to support holistic wellbeing through creative practice — developing presence, resilience, creativity, and emotional awareness for personal and professional life. Approved programme number to follow.

— RESERVE YOUR PLACE

Come with open hands.

STUDIO

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TALK TO US

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ONLINE

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