

Nagomi Pastel Art Workshop 和諧粉彩體驗班

Tutor

Ms Isabel Tong

Certified Nagomi Pastel Art
Advance Instructor

導師

湯欣樂女士

和諧粉彩正指導師

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10 June 2022
(Friday - 1 session)
6:30 pm – 8:30 pm
ZOOM

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Material Fee
\$75

Nagomi Art, a form of Japanese art healing founded in Japan, using pastels and fingers to create a gentle, transparent, warm, and heart-touching art through simple yet unique ways of painting. The therapeutic nature of this art comes from creating a sense of harmony and enhancing the self-esteem of the painter. This art helps to calm and relax the mind as the painters go through the process of choosing and blending the colours, and completing a beautiful art piece all by themselves.

Ms Isabel Tong holds a Master of Design Strategies from PolyU, and is a full-time illustrator. Isabel got her Advanced Instructor Certification from the Japan Pastel Hope Art Association (JPHAA) in 2021. To convey her love of color and carefree spirit, she uses bold color combinations and freestyle strokes in her creations.

和諧粉彩源自日本，是由細谷典克先生於2003年創立的一門大眾藝術。細谷先生發現日本人在職場上的情緒壓抑問題，很值得正視，於是想藉一種簡單、輕鬆的作畫方法，讓人們從中獲得放鬆、愉悅的感覺，並透過這門藝術紓解壓力與情緒。他隨後成立日本粉彩希望藝術協會JPHAA，希望把這門藝術推廣開去，讓更多人感受到藝術治療的效力。

導師湯欣樂女士畢業於香港理工大學，獲設計策略碩士學位，現為全職插畫師。湯女士於2021年獲得由日本粉彩希望藝術協會(JPHAA)頒發的和諧粉彩正指導師證書，她希望能透過藝術創作，帶給大家快樂的感覺。

