

## WFWP Iceland: Guided painting course learning technics and artistic expression

Edeltrud Maria Mantel  
November 5, 2025



Guided painting-course learning basic technics and artistic expressions, exploring our inner self, finding self-awareness, value and skills.

Finding deep joy in creativity and inspirations manifested in the paintings.



A professional artist teaches us, how to express our creativity and inner reality through paintings. Students will discover their inner self, their emotions, which promotes self-awareness and strengthening the own personality. Further sharing and enjoying our inspirations. We meet on monthly base.

The course can cover 10-12 students. Our intention is to reach out to younger or elder members and friends of WFWP, and also to find new people interested in WFWP.

For the first meeting we had 6 participants. Il were fascinated by the teaching, the impressions, the up-lifting group-spirit and their first pictures. All wished to continue the course the next 12 months.