

A Reception and Painting Workshop for Parents, Public and the Anthroposophical Society in the Bay Area



Reception for the Artist with Short Presentation and Small Exhibit with Lydia Leigh Clarke

**Saturday February 28, 2026
7 p.m. – 9 p.m.**

Cost: Free – Guest List Limited to 80

To RSVP: <https://www.eventbrite.com/e/1981026129481?aff=oddtcreator>

Moving Toward Individual and Social Change by Experimenting with Color and Form in Painting

Painting Workshop with Lydia Leigh Clarke

Sunday, March 1, 2026

10 a.m. to 4 p.m.

Berkeley Rose Waldorf School

Cost: \$120, materials included - Enrollment Limited to 18

To Register: Email lydialeighclarke@posteo.net

No matter our responsibilities in life, we have to take care of ourselves, physically, emotionally and metaphysically. Inner conscious movement in the imaginative realm is imperative to developing all of our qualities and skills.

Painting with color can open up worlds within us, helping us to get to know our true selves without judgement. The questions that arise are rich in diversity. Which colors am I drawn to? Which forms speak to me? Do all forms have borders? Are there liquid forms that move and change during our experiences? Painting enables us to

experiment with and explore these ideas while observing our inner wanderings.

Yes, in order to know ourselves, as well as others, we must wander with curiosity, examining our needs, strengths, certainties and uncertainties. The more we know ourselves, the more we can respect and appreciate the differences we experience in the other. In this course we will explore the colors and forms that enliven us. We want to expand our inner world beyond the limitations of words.

BIO OF LYDIA LEIGH CLARKE

Lydia was born in Los Angeles, California - the last of six children born to a family of musicians. She grew up in Tujunga, at the base of the Angeles Crest mountains. She has a B.A. in Speech Communication from CSU Northridge and worked for the Los Angeles Philharmonic Orchestra for 6 years before leaving the U.S. in 1983 to study Theology at the Christian Community Priest's Seminary in Stuttgart, Germany. She left the Seminary two years later to study painting at an Anthroposophical Painting School in Dornach, Switzerland, directed by Paul Pollock, a master student of Beppe Assenza. She completed 4 years of study, and by 1995 was exhibiting her work around Southern Germany.

Along with a group of therapists, painters, sculptors, musicians, and ceramicists, Lydia was involved in establishing and developing an art center for psychiatric clients. She worked there for 21 years, the last six of which she was on the Board of Directors, and the last three years, working in the position of Managing Director. Over seven years, during that time, she completed a Gestalt Pedagogy training by a renowned Gestalt Therapist in Freiburg. She has given many workshops in Germany including those at: The University Herdecke for Alternative Medicine, The Edith Maryon Art School in Freiburg The Teacher's College in Freiburg, and continuously in her own studio.

Since 2016 Gallery Claeys in Freiburg has represented her work and she is a member of the Professional Artist's Association in Germany. She has collections of her work displayed at:

- Gabriele Siedle Collection, Furtwangen
- Morat Institut, Freiburg Governing Authority of Baden-Wuerttemberg, Freiburg
- Administrative District Offices of Breisgau-Black Forest, Freiburg
- Mountain Park Music, California
- Leitz Media, Furtwangen
- EQUUS, Santa Fe, New Mexico, USA

www.lydia-leigh-clarke.com

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