

International artist, Oya Arts is offering free virtual art sessions

Aimed at boosting mental wellbeing during the Coronavirus lockdown



London, May 18, 2020 ([Issuewire.com](https://www.issuewire.com)) - When: The 2nd and 4th Saturday of the month

Where: <https://oyaartsonline.com/free-virtual-art/>

Time: 8pm BST, 3PM EST, 2PM CST

Whilst many countries and states in the USA are slowly starting to lift their Covid19 lockdowns, there are still numerous people who have to continue to shield, due to underlying health conditions. For those who see no end to the monotony of day to day lockdown, London, Minneapolis and Barbados based Artist Karen Alleyne (aka Oya Arts) is offering free, virtual paint and sip sessions for anyone who wants to ignite their creative talents.

The art sessions run on the second and fourth Saturday of each month at 8 pm BST, 3 PM EST, 2 PM CST on the [Oya Arts website](https://oyaartsonline.com). Suitable for all levels, they offer a fun, relaxed and laidback environment for people to get lost in the meditative quality of art and while away a few hours. Speaking about what to expect Karen said:

“If you are looking to hone your artistic skills while you’re stuck at home, then I have you covered! My free virtual sessions are suitable for all levels, so whether you have never picked up a paintbrush before, or are a seasoned artist, this is the environment for you. You can go at your own pace, or follow my instructions, as I take you through each step you need to create your masterpiece.”

With millions of people across the globe being classified as vulnerable, it is easy to forget that their

isolation will be prolonged, even as the world's door start to open. Speaking about the importance of creativity in helping to boost mental health she said:

“ I have been running these sessions before the lockdown started to ease, however after some reflection, I realised that it is now more important than ever to try to provide a fun, creative things to do for those people who cannot start to think about getting back to “ life as normal” The realities of the pandemic are real and the fall out on our nations mental health, is yet to be fully understood. Art has an amazing healing quality and can deliver relief from a range of symptoms, truly providing some solace in isolation.

“The great thing about these sessions, is that there are no limits, so regardless of your age, location of artistic ability, you can join, have fun, meet new people and learn something new. The groups are truly a global affair with people taking part in Africa, UK, Europe, USA, Canada, the Caribbean and India! So, join in and be a part of this fun, global party.

“Keeping connected is so important in these times, and what better medium to do this than through art,” Karen said.

Links to each class will be posted on the Oya Arts [Facebook](#) [Instagram](#), and [Twitter](#) Feeds.

You can read more about Oya Arts and view some of her work at www.oyaartsonline.com



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Source : Oya Arts

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