Integrating the Healing Benefits of your Ceremony using Art Therapy, Meditation and Reflection

THE SOUL SPEAKS

SATURDAY, NOV. 4, 2017 11AM-1PM $40

You are invited to explore and ground your lessons from the Madre

EXPAND YOUR EXPERIENCE

Within our sacred circle, we will create, write and meditate the morning after ceremony. Guided by certified Art Therapist and Kundalini Yoga Teacher, Charmaine Husum, this workshop is designed to concretize and solidify the healing and lessons given to us in ceremony. Art Therapy is a vehicle to access the unconscious and bring it to light. Trusting the body and mind to facilitate a movement from ceremonial experience to grounded integration. **No artistic experience or skill is required.**

www. centreoftheheart.com