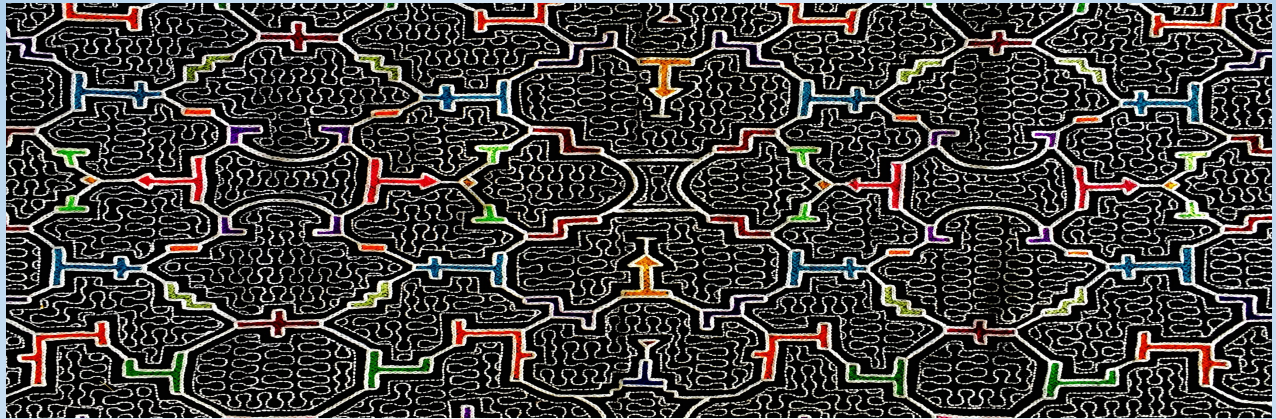


Integrating the Healing Benefits of your Ceremony using Art Therapy,
Somatic Experiencing and Reflection

CREATIVE INTEGRATION

APRIL 27, 28 & 29 9:30 AM- 12:00 PM



EXPAND YOUR EXPERIENCE

Inspired from the healing work of Gabor Mate and his belief that integration after ceremony is essential in solidifying the teachings of the Ayahuasca journey, you are invited to delve deeper and ground into your experience. Each morning after ceremony we will meet to further explore the healing, profound insights, intuitions and deep experiences that took you to a different realm; grounding these so you can integrate them into your daily life. Through somatic experiencing, meditation and an exploration into the creative process, you will be guided to expand your understanding of your journey and what steps to take next.

“Don't just think that these experiences will transform your life. Only you can transform your life....no matter what portal was opened for you, still takes work on your part.”

Gabor Mate

Guided by certified Art Therapist, Somatic Practitioner and Kundalini Yoga teacher Charmaine Husum. \$50 per workshop or \$125 for all three. If cost prohibits your participation, please contact us and considerations will be made so everyone can be a part of this expanded healing circle. To register email gatherintheflowers@gmail.com.

No artistic experience or skill is required.

www.centreoftheheart.com