

Expressive Arts

Expressive Arts: Honoring the Body's Systems

Instructor: KathyAnne Whittemore

Begin to discover the immense potential of your body when you're aware it is more than flesh, bones, and blood. This one-day workshop will introduce you to the layers of physical and energetic anatomy in the human body. We'll use techniques, exercises, and meditations on the expressive arts (writing, imagery, sound, movement, and story) to slow down and connect with our inner wisdom in order to de-stress, find greater balance, and create a deeper richness of body-mind-emotion-spirit. Remember – everything in and around us is energy. With this awareness we can, as poet Walt Whitman says, "sing the body electric."

| Class Code | Location | Dates | Time | Fee |
|------------|----------|-----------|----------------------|------|
| 4-410KW | NWAC-303 | Sat 10/17 | 10:00 a.m.-1:00 p.m. | \$45 |

Expressive Arts: Practicing the Art of Self-Care

Instructor: KathyAnne Whittemore

What do we gain by learning to take good care of ourselves? In this one-day workshop, we will consider: What is meant by "self-care"? Why should we practice self-care? Who benefits? Our tools for exploring will be interactive, experiential techniques, exercises, and meditations of the expressive arts (writing, imagery, sound, movement, and story). In the midst of all the overwhelm, pressure, and shifting that marks our lives today, learning to practice the gift of self-care is revitalizing for you as well as for your roles with your home, family, and work. Join us to discover how creating an appreciative, peaceful inner world contributes to calm in your outer world.

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