

# Retreat to Art: Healer as Creator

with Melissa Hedlund, MCAT, ATR-BC, LCPC



Are you finding that you need a creative break from your work and your life?

We tend to speed through life without pausing to enjoy the beauty of each moment, the beauty that surrounds us each day and the luminous beauty that lies within. We pack our days full of appointments, meetings, picking up and dropping off the kids, scheduled workouts, studying, etc. and are constantly running and doing for others. This full day workshop will be a retreat from all that is, it will be a journey to the heart of your soul and a transformative awakening and reconnecting. Art therapist and artist, Melissa Hedlund, MCAT, ATR-BC, LCPC, will take you on a restorative journey that awakens and connects your whole self, using mindful movement, intention and creativity to slow down, create and embrace the beauty that is yourself and your life.

Workshop is intended for healing professionals and will take a particular focus on the healer as creator.

**Date:** Saturday, December 14<sup>th</sup>, 2013

**Time:** 9am-4pm

**Location:** Clarus Center, 28379 Davis Pkwy Ste 801, Warrenville, IL 60555

**Fees:** One Attendee is \$130      Two Attendees (you and a friend) is \$220

Six free CEs available for counselors, social workers and marriage and family therapists in Illinois. Co-sponsored by IMHCA.

## Registration:

Space is extremely limited. Must register by December 6<sup>th</sup>, 2013.

Register online at <http://www.thelightoftheheart.org/retreat-to-art.html>

By phone: 630-486-4078

*Thank you for joining us for a restorative retreat to art.*

